

Betty
Crocker

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RECIPES™

28

slow cooker
recipes

Quick-to-Fix
Breads

Soups

STEW & CHILIES

Slow Cooker
Chicken Enchilada
Chili, p. 72

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letter from the editor



Quick—what's your favorite comfort food? Even if soup is not at the top of your list, chances are it's in your top 10. What is it about a bowl of soup, stew or chili that not only warms the stomach, but the heart as well? Whether it's your grandma's cure-all chicken soup or your dad's super-secret recipe for spicy chili—soups, stews and chilies seem to provoke fond memories

more than other kinds of foods.

With that in mind, we've created this issue of Most Requested Recipes™. From familiar favorites such as Chunky Tomato Soup (p. 34) and Slow Cooker French Onion Soup (p. 40), to new twists on classics such as Dijon Steak and Potato Stew (p. 52) and Chipotle-Pork Chili (p. 74), the recipes in this magazine are memories just waiting to be made.

And what goes better with soup than bread? Parmesan-Black Pepper Breadsticks (p. 81), Triple-Cheese Flatbread (p. 85) and Garlic-Rosemary French Rolls (p. 86) are just three of 12 options to choose from in our last chapter, devoted exclusively to breads.

So, what are you waiting for? Start making some memories!

Heidi Losleben



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Look for these symbols:

- **QUICK** Ready in 30 minutes or less
- **LOW FAT** 3g or less, except main dishes with 10g or less



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6 Simple Soups

From tried-and-true to trendy and new, this chapter is chock-full of flavorful soups—plus a bisque and two chowders.

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With their hearty ingredients and mouthwatering aromas, these meals in a bowl chase away the season's chills.



60 Classic Chilies

Hot or mild, red or white, traditional or Cincinnati-style, there's a bowl of chili for just about every taste and temperament.

78 Bountiful Breads

What better to serve with a soup, stew or chili than a warm and wonderful slice of homemade bread?



ON THE COVER:
Slow Cooker Chicken
Enchilada Chili, p. 72

“Souper” Soup Toppers

Chase the chill out of winter by adding a terrific topper to a bowl of steaming soup, stew or chili.

» Crostini

Heat oven to 375°F. Place 12 slices Italian bread, ½ inch thick, on ungreased cookie sheet. Drizzle 1 teaspoon olive oil over each slice of bread. Mix ½ cup chopped tomatoes, 1 tablespoon chopped fresh basil leaves, ¼ teaspoon salt and ¼ teaspoon pepper. Spread over bread slices. Sprinkle 1 tablespoon shredded Parmesan cheese over each slice. Bake about 8 minutes or until bread is hot.

» Easy Cheese Biscuits

Heat oven to 450°F. Mix 1 cup Original Bisquick® mix, ½ cup milk and ¼ cup shredded Cheddar cheese until soft dough forms; beat vigorously 30 seconds. Drop dough by 6 to 8 spoonfuls about 2 inches apart onto ungreased cookie sheet. Bake 6 to 8 minutes or until golden brown.

» Seasoned Croutons

Cut dry (not hard) bread into ½-inch cubes, and toss with olive oil to lightly coat (or spread one side of dry bread with softened butter or margarine, and cut into ½-inch cubes). Sprinkle with grated Parmesan cheese and Italian seasoning or with your favorite herbs or seasoning. Cook in ungreased skillet over medium heat 4 to 7 minutes, stirring frequently, until golden brown.

» Toasted Cheese Slices

Set oven control to broil. Place 8 slices French bread, ¾ to 1 inch thick, on ungreased cookie sheet. Broil with tops about 5 inches from heat 1 to 2 minutes or until golden brown. Turn bread slices over; top each slice with 2 tablespoons shredded cheese or 1 slice of cheese. Broil 1 to 2 minutes longer or until cheese is melted and golden brown.

» Tortilla Strips

Heat oven to 375°F. Brush 4 small corn or flour tortillas with melted butter or margarine. Sprinkle with chili powder if desired. Cut each tortilla into 2x½-inch strips or 12 wedges, or cut into shapes with cookie cutters. Place in single layer on 2 ungreased cookie sheets. Bake 6 to 8 minutes or until light brown and crisp. Cool slightly.



Slow Cooker
French Onion
Soup, p. 40

GET GARNISHED

Adding garnishes to soups and stews is a simple way to add color, texture, flavor and, of course, eye appeal. As a rule, the stronger or more varied the flavors or textures in a soup or stew, the simpler the garnish should be so it won't compete with the soup. If you don't know where to start, consider using an ingredient in the soup or stew, such as an herb or vegetable.

Top with...

VEGGIES

- chopped avocado
- chopped bell pepper
- chopped broccoli
- chopped tomato
- sliced cucumber
- sliced green onion
- sliced mushrooms

NUTS OR SEEDS

- cashews
- pine nuts
- popcorn
- sliced or slivered
 almonds
- sunflower nuts
- toasted sesame seed

FRUIT

- sliced apple
- sliced mango
- sliced pear

SOMETHING SALTY

- crumbled cooked
 bacon
- crumbled feta or
 blue cheese
- crushed corn or
 tortilla chips
- pretzels
- shredded cheese

Swirl in or dollop with...

- guacamole
- pesto
- salsa
- sour cream or yogurt

Arrange on top...

- bagel chips
- bell pepper cutouts*
- chopped crystallized
 ginger
- edible flowers (citrus
 blossoms, marigolds,
 nasturtiums, pansies,
 petunias)
- fresh herbs (cilantro,
 dill weed, fennel,
 parsley, rosemary)
- lemon or lime peel
 strips
- lime wedges or slices
- piped mashed
 potatoes**
- cooked tiny or small
 whole shrimp

*How to make bell pepper cutouts.

Cut bell pepper into fourths, and remove seeds. Using a small sharp knife or small canapé cutter, cut desired shapes from pepper.

**How to pipe mashed potatoes.

Place mashed potatoes in decorating bag with large star tip. Gently squeeze to form rosettes or to pipe a border around the edge of a soup or stew.



Slow Cooker
Meatball Stone
Soup, p. 21





simple soups

From tried-and-true to trendy and new, this chapter is chock-full of flavorful soups—plus a bisque and two chowders.

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Chicken Tortilla Soup

Prep Time: 35 Minutes **Start to Finish:** 35 Minutes

Servings: 6 (1 cup each)

- 1 carton (32 oz) chicken broth
- 1 cup Old El Paso® Thick 'n Chunky salsa
- 2 cups shredded deli rotisserie chicken (from 2- to 2½-lb chicken)
- ¾ cup crushed tortilla chips
- 1 medium avocado, pitted, peeled and chopped
- 1½ cups shredded Monterey Jack cheese (6 oz)
- 2 tablespoons chopped fresh cilantro
- Lime wedges, if desired

1. In 3-quart saucepan, heat broth, salsa and chicken to boiling over medium-high heat, stirring occasionally.
2. Meanwhile, divide crushed chips among 6 serving bowls. Spoon hot soup over chips, then top with avocado, cheese and cilantro. Serve with lime wedges.

Nutrition Information Per Serving:

1 SERVING: Calories 330 (Calories from Fat 180); Total Fat 20g (Saturated Fat 8g); Cholesterol 65mg; Sodium 1390mg; Total Carbohydrate 13g (Dietary Fiber 2g); Protein 24g

TIPS >

HOW TO

Adjust the heat over the
medium heat to a
medium salsa.

DID YOU KNOW?

Shredded chicken
commonly used in
Mexican soups are the
inspiration for the
tortilla chip garnish.



Slow Cooker Cheesy Potato Soup

Prep Time: 15 Minutes **Start to Finish:** 6 Hours 45 Minutes

Servings: 6 (1 ½ cups each)

- 1 bag (32 oz) frozen southern-style diced hash brown potatoes, thawed
- ½ cup frozen chopped onion (from 12-oz bag), thawed
- 1 medium stalk celery, diced (½ cup)
- 2 cans (14 oz each) chicken broth
- 1 cup water
- 3 tablespoons Gold Medal® all-purpose flour
- 1 cup milk
- 1 bag (8 oz) shredded American-Cheddar cheese blend (2 cups)
- ¼ cup real bacon pieces (from 2.8-oz package)
- 4 medium green onions, sliced (¼ cup)

1. In 3- to 4-quart slow cooker, mix potatoes, onion, celery, broth and water.
2. Cover; cook on Low heat setting 6 to 8 hours.
3. In small bowl, mix flour into milk; stir into potato mixture. Increase heat setting to High. Cover; cook 20 to 30 minutes or until mixture thickens. Stir in cheese until melted. Garnish individual servings with bacon and green onions. Sprinkle with pepper if desired.

Nutrition Information Per Serving:

1 SERVING: Calories 410 (Calories from Fat 140); Total Fat 15g (Saturated Fat 9g); Cholesterol 45mg; Sodium 1210mg; Total Carbohydrate 50g (Dietary Fiber 5g); Protein 19g

Tips >

SUBSTITUTION

Instead of using purchased onion, chop 1 onion into strips or bacon until crisp, then drain and crumble.

SUCCESS TIPS

Southern-style hash brown potatoes are diced instead of shredded. Use as directed in this recipe.



Creamy Beef, Mushroom and Noodle Soup

Prep Time: 20 Minutes **Start to Finish:** 1 Hour

Servings: 7 (1½ cups each)

- 2 tablespoons butter or margarine
- 1 medium onion, coarsely chopped (½ cup)
- 2 teaspoons finely chopped garlic
- 1 package (8 oz) sliced fresh mushrooms (3 cups)
- 1½ lb boneless beef top sirloin steak, cut into 2x¾x¼-inch pieces
- 6 cups beef broth
- ½ cup dry sherry or beef broth
- ¼ cup ketchup
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 2 cups uncooked medium egg noodles
- 1 container (8 oz) sour cream

- 1.** In 5- to 6-quart Dutch oven, melt butter over medium-high heat. Cook onion, garlic and mushrooms in butter 5 to 6 minutes, stirring frequently, until mushrooms are softened.
- 2.** Stir in beef. Cook 5 to 6 minutes, stirring frequently, until beef is no longer pink. Stir in remaining ingredients except noodles and sour cream. Heat to boiling; reduce heat to medium-low. Cover; cook 10 minutes, stirring occasionally. Stir in noodles. Cover; cook 5 to 7 minutes, stirring occasionally, until noodles are tender.
- 3.** Stir in sour cream. Cook 3 to 5 minutes, stirring frequently, until well blended.

Nutrition Information Per Serving:

1 SERVING: Calories 290 (Calories from Fat 125); Total Fat 14g (Saturated Fat 7g); Cholesterol 90mg; Sodium 1100mg; Total Carbohydrate 15g (Dietary Fiber 1g); Protein 26g

Tips

HOW-TO

A slick way to slice beef: Lay a piece of beef in the freezer for about 30 minutes or until very firm. Using a sharp knife, makes slicing a breeze on the grill.

SERVE-WITH

More hearty soup: This hearty meal is now goes well with Parmesan-Black Pepper dressing (page 81) and a side of steamed broccoli!

SPECIAL TOUCH

Just before serving this creamy soup, stir in a little chopped fresh parsley.



• QUICK

Noodle and Chicken Bowl

Prep Time: 15 Minutes Start to Finish: 15 Minutes

Servings: 4 (1 ½ cups each)

- 4 cups water
- 2 packages (3 oz each) Oriental-flavor ramen noodle soup mix
- 1 cup fresh spinach leaves, torn into bite-size pieces
- 2 oz fresh snow pea pods, strings removed, cut in half crosswise (½ cup)
- ½ cup shredded or julienne-cut carrots
- 1 can (8 oz) sliced water chestnuts, drained
- 1 teaspoon sesame oil
- 1 ½ cups chopped deli rotisserie chicken (from 2- to 2½-lb chicken)
- 2 medium green onions, chopped (2 tablespoons)

1. In 3-quart saucepan, heat water to boiling over medium-high heat. Add noodles (breaking apart if desired), spinach, pea pods, carrots and water chestnuts. Cook 3 minutes, stirring occasionally.

2. Stir in seasoning packets from soup mixes, sesame oil, chicken and onions. Cook 1 to 2 minutes or until chicken is hot.

Nutrition Information Per Serving:

1 SERVING: Calories 330 (Calories from Fat 120); Total Fat 13g (Saturated Fat 3.5g); Cholesterol 45mg; Sodium 940mg; Total Carbohydrate 34g (Dietary Fiber 4g); Protein 20g

Tips

SPECIAL TOUCH

Scatter chopped fresh basil, mint, or cilantro over the soup just before serving for a fresh twist reminiscent of Vietnamese pho noodle bowls.

SUCCESS HINT

Look for stringless snow pea pods if they are not available. Cook the soup from 10 min before using.



• **LOW FAT**

Slow Cooker Hearty Steak and Tater Soup

Prep Time: 20 Minutes **Start to Finish:** 8 Hours 50 Minutes
Servings: 9 (1½ cups each)

- 1 lb boneless beef round steak
- 1 lb small red potatoes, cut into ½-inch slices (4 cups)
- 2 medium stalks celery, chopped (1 cup)
- 2 medium carrots, chopped (1 cup)
- 1 medium onion, chopped (½ cup)
- 2 cloves garlic, finely chopped
- 1 tablespoon beef bouillon granules
- ½ teaspoon pepper
- 4 cans (14 oz each) beef broth
- 1 jar (6 oz) Green Giant® sliced mushrooms, undrained
- ½ cup water
- ½ cup Gold Medal® all-purpose flour

1. Cut beef into 1x½-inch pieces. In 5-quart slow cooker, mix beef and remaining ingredients except water and flour.

2. Cover; cook on Low heat setting ■ to 9 hours.

3. Mix water and flour in small bowl; gradually stir into soup until blended. Increase heat setting to High. Cover; cook about 30 minutes or until slightly thickened.

Nutrition Information Per Serving:

1 SERVING: Calories 150 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 1g); Cholesterol 25mg; Sodium 1200mg; Total Carbohydrate 18g (Dietary Fiber 3g); Protein 15g

Tip

SUCCESS HINT

For accurate cooking times and proper doneness, use all meats and vegetables into the sizes specified in the recipe.

Slow Cooker Steak and Pasta Soup

Prep Time: 10 Minutes **Start to Finish:** 8 Hours 40 Minutes
Servings: 5 (1½ cups each)

- 1 lb boneless beef round steak, cut into ½-inch cubes
- 1 jar (26 to 28 oz) marinara sauce
- 2½ cups water
- 1 package (9 oz) refrigerated cheese-filled ravioli
- ½ cup grated Parmesan cheese

1. In 3½- to 4-quart slow cooker, mix beef, marinara sauce and water.
2. Cover; cook on Low heat setting ■ to 10 hours.

3. Stir in ravioli. Increase heat setting to High. Cover; cook 20 to 30 minutes until ravioli are tender. Sprinkle individual servings with cheese.

Nutrition Information Per Serving:

1 SERVING: Calories 400 (Calories from Fat 140); Total Fat 15g (Saturated Fat 6g); Cholesterol 105mg; Sodium 1370mg; Total Carbohydrate 36g (Dietary Fiber 2g); Protein 30g





• **LOW FAT**

Asian Beef and Noodle Soup

Prep Time: 45 Minutes **Start to Finish:** 1 Hour 10 Minutes

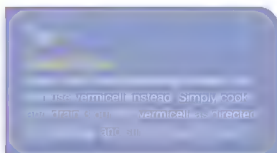
Servings: 6 (1½ cups each)

- 3 oz uncooked cellophane noodles
- 1 tablespoon dark sesame oil
- 1½ lb boneless beef top sirloin steak, cut into bite-size strips
- 2 teaspoons finely chopped garlic
- 2 packages (about 3.5 oz each) fresh shiitake or button mushrooms, sliced
- 6 cups reduced-sodium beef broth
- 2 cups finely sliced bok choy
- 1 cup julienne strips (matchstick-size) carrots
- ½ teaspoon ground ginger
- ¼ teaspoon pepper
- 2 medium green onions, sliced (2 tablespoons)

- 1.** In medium bowl, soak bundle of cellophane noodles in warm water 10 to 15 minutes or until softened; drain. Cut noodle bundle into thirds. Cover and set aside.
- 2.** In 5- to 6-quart Dutch oven, heat oil over medium-high heat. Cook beef, garlic and mushrooms in oil 5 to 6 minutes, stirring occasionally, just until beef is no longer pink.
- 3.** Stir in remaining ingredients except noodles and onions. Heat to boiling; reduce heat to medium-low. Cover; cook 14 to 15 minutes, stirring occasionally, until beef is tender.
- 4.** Stir in noodles. Cover; cook 2 to 3 minutes or until noodles are hot. Sprinkle with onions.

Nutrition Information Per Serving:

1 SERVING: Calories 250 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2g); Cholesterol 80mg; Sodium 250mg; Total Carbohydrate 17g (Dietary Fiber 2g); Protein 29g



Slow Cooker Beefy Vegetable-Barley Soup

Prep Time: 20 Minutes **Start to Finish:** 8 Hours 50 Minutes

Servings: 6 (1½ cups each)

- 1½ lb beef stew meat
- ½ cup frozen chopped onion (from 12-oz bag), thawed
- ½ cup uncooked medium barley
- 2 cans (14 oz each) beef broth
- 1 cup water
- 1 teaspoon dried thyme leaves
- 1 teaspoon dried marjoram leaves
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups Green Giant® frozen mixed vegetables, thawed

- 1.** Cut beef into bite-size pieces if desired. In 3½- to 4-quart slow cooker, mix all ingredients except mixed vegetables.
- 2.** Cover; cook on Low heat setting 8 to 10 hours.
- 3.** Add mixed vegetables. Increase heat setting to High. Cover; cook 20 to 30 minutes or until vegetables are crisp-tender.

Nutrition Information Per Serving:

1 SERVING: Calories 330 (Calories from Fat 120); Total Fat 14g (Saturated Fat 5g); Cholesterol 70mg; Sodium 880mg; Total Carbohydrate 22g (Dietary Fiber 6g); Protein 28g





Slow Cooker Beef-Tortellini Soup

Prep Time: 20 Minutes **Start to Finish:** 8 Hours 50 Minutes

Servings: 6 (1 ½ cups each)

- 1 lb beef stew meat
- 1 large onion, chopped (¾ cup)
- 1 large carrot, chopped (¾ cup)
- 1 medium stalk celery, chopped (½ cup)
- 2 cloves garlic, finely chopped
- 2 teaspoons sugar
- 1 can (14.5 oz) diced tomatoes, undrained
- 2 cans (10½ oz each) condensed beef consommé
- 1 teaspoon dried basil leaves
- 2 cups frozen cheese-filled tortellini (from 1-lb 3-oz bag)
- 1 cup Green Giant® frozen cut green beans

1. In 3½- to 4-quart slow cooker, place beef, onion, carrot, celery, garlic, sugar, tomatoes and beef consommé in order listed.

2. Cover; cook on Low heat setting 8 to 9 hours.

3. Stir in basil, frozen tortellini and green beans. Increase heat setting  High. Cover; cook 25 to 30 minutes or until beans are tender.

Nutrition Information Per Serving:

1 SERVING: Calories 310 (Calories from Fat 120), Total Fat 14g (Saturated Fat 5g), Cholesterol 100mg, Sodium 710mg, Total Carbohydrate 22g (Dietary Fiber 3g), Protein 26g

Tips >

SPECIAL TOUCH

1 cup basil — serving with ½ teaspoon oil
refrigerated basil pesto

SUBSTITUTION

½ cup frozen basil

Slow Cooker Meatball Stone Soup

Prep Time: 10 Minutes **Start to Finish:** 10 Hours 10 Minutes
Servings: ■

- 1 bag (16 oz) frozen cooked Italian-style meatballs
- 2 cans (14 oz each) beef broth
- cans (14.5 oz each) diced tomatoes with Italian herbs, undrained
- 1 medium potato, chopped (1 cup)
- 1 medium onion, chopped (½ cup)
- ¼ teaspoon garlic-pepper blend
- 1 bag (1 lb) frozen mixed vegetables

1. In 3½- to 4-quart slow cooker, mix frozen meatballs, broth, tomatoes, potato, onion and garlic-pepper blend.
2. Cover, cook on Low heat setting 9 to 11 hours or until vegetables are tender.

3. Stir in frozen mixed vegetables. Cover; cook on High heat setting 1 hour.

Nutrition Information Per Serving:

1 SERVING: Calories 375 (Calories from Fat 170), Total Fat 19g (Saturated Fat 7g), Cholesterol 120mg, Sodium 1670mg, Total Carbohydrate 27g (Dietary Fiber 7g), Protein 31g





• **LOW FAT**

Turkey, Squash and Pasta Soup

Prep Time: 20 Minutes **Start to Finish:** 40 Minutes

Servings: 6 (1½ cups each)

- 1 tablespoon olive or vegetable oil
- 2 medium stalks celery, coarsely chopped (1 cup)
- 1 medium onion, coarsely chopped (½ cup)
- 1 teaspoon dried sage leaves
- 6 cups reduced-sodium chicken broth
- 2½ cups ½-inch pieces cooked turkey (12 oz)
- 1½ cups uncooked tricolor rotini pasta
- 1½ cups ¾-inch cubes peeled butternut squash (about ½ medium squash)
- ¼ teaspoon pepper

1. In 4½- to 5-quart Dutch oven, heat oil over medium-high heat. Add celery, onion and sage; cook 5 to 6 minutes, stirring frequently, until onion is softened.

2. Stir in remaining ingredients. Heat to boiling; reduce heat to medium. Cover, cook 10 to 12 minutes, stirring occasionally, until pasta and squash are tender.

Nutrition Information Per Serving:

1 SERVING: Calories 270 (Calories from Fat 70); Total Fat 8g (Saturated Fat 2g); Cholesterol 50mg; Sodium 1180mg; Total Carbohydrate 24g (Dietary Fiber 2g); Protein 25g

Tips

SUBSTITUTION

Other short, twisty pasta, such as radiatore, gemelli or rotelle, can be used instead of the rotini.

PLANNED-OVERS

When you have leftover turkey, remove it from the bones, then super-finely shred it. Measure 1½ to 2 cups of the turkey into airtight freezer containers, label, date, and freeze for up to 6 months. When you're ready to cook, pull it out and use as directed in the recipe.

• **LOW FAT**

Slow Cooker Turkey-Wild Rice Chowder

Prep Time: 30 Minutes **Start to Finish:** 8 Hours 35 Minutes
Servings: 6

- 4 boneless skinless turkey thighs (about 2 lb), cut into 1-inch cubes
- 2 dried bay leaves
- 3 cups sliced fresh mushrooms (8 oz)
- ½ cup uncooked wild rice
- 1 medium stalk celery, cut into ½-inch pieces (½ cup)
- 1 medium carrots, cut into ½-inch pieces (1 cup)
- 1 envelope onion-mushroom soup mix (from 1.8-oz package)
- 1 can (10¾ oz) condensed cream of mushroom soup
- 1 carton (32 oz) chicken broth
- 1 cup Green Giant® frozen baby sweet peas

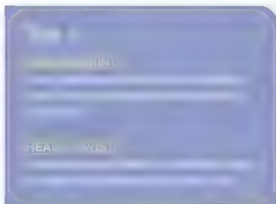
1. In 3½- to 4-quart slow cooker, place all ingredients except peas in order listed.

2. Cover; cook on Low heat setting 8 to 11 hours.

3. Gently stir in frozen peas. Increase heat setting to High. Cover; cook 5 minutes. Remove bay leaves.

Nutrition Information Per Serving:

1 SERVING: Calories 380 (Calories from Fat 90), Total Fat 10g (Saturated Fat 3g), Cholesterol 155mg, Sodium 1590mg, Total Carbohydrate 25g (Dietary Fiber 4g), Protein 48g





• **LOW FAT**

Grandma's Slow Cooker Chicken Noodle Soup

Prep Time: 20 Minutes **Start to Finish:** 7 Hours 20 Minutes
Servings: 4 (1½ cups each)

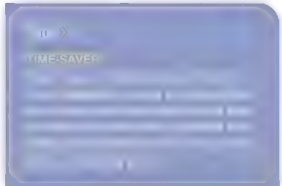
- ¾ lb boneless skinless chicken thighs, cut into 1-inch pieces
- 2 medium stalks celery, sliced (1 cup)
- 1 large carrot, chopped (¾ cup)
- 1 medium onion, chopped (½ cup)
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (14 oz) chicken broth
- 1 teaspoon dried thyme leaves
- 2 cups Green Giant® frozen sweet peas, thawed
- 1 cup frozen home-style egg noodles (from 12-oz bag)

1. Spray 10-inch skillet with cooking spray; heat over medium heat. Cook chicken in skillet about 8 minutes, stirring frequently, until brown.
2. In 3½- to 4-quart slow cooker, mix chicken and remaining ingredients except peas and noodles.

3. Cover; cook on Low heat setting 6 hours 30 minutes to 7 hours.
4. Stir in peas and noodles. Increase heat setting to High. Cover; cook about 30 minutes or until noodles are tender.

Nutrition Information Per Serving:

1 SERVING: Calories 330 (Calories from Fat 80), Total Fat 16g (Saturated Fat 2.5g), Cholesterol 90mg, Sodium 730mg, Total Carbohydrate 35g (Dietary Fiber 5g), Protein 27g



Chicken-Vegetable Pot Pie Soup

Prep Time: 20 Minutes **Start to Finish:** 1 Hour

Servings: 6 (1½ cups each)

- 1 sheet frozen puff pastry (from 17.3-oz package), thawed
- 2 tablespoons butter or margarine
- 6 small red potatoes, cut into eighths
- 1 medium stalk celery, coarsely chopped (½ cup)
- 1 medium carrot, coarsely chopped (½ cup)
- 1 small onion, coarsely chopped (¼ cup)
- 5 cups chicken broth
- ¾ cup Gold Medal® Wondra® quick-mixing flour
- 1 teaspoon poultry seasoning
- ¼ teaspoon salt
- ½ teaspoon pepper
- 2½ cups 1-inch pieces deli rotisserie chicken (from 2 - to 2½-lb chicken)
- 1 cup Green Giant® frozen sweet peas
- ¼ cup whipping cream

1. Heat oven to 400 F. Cut 6 rounds from puff pastry with 3-inch round cutter. Place on ungreased cookie sheet. Bake 12 to 13 minutes or until puffed and golden brown. Keep warm.

2. Meanwhile, in 4½- to 5-quart Dutch oven, melt butter over medium-high heat. Cook potatoes, celery, carrot and onion in butter 5 to 6 minutes, stirring frequently, until onion is softened.

3. Beat broth, flour, poultry seasoning, salt and pepper into potato mixture with wire whisk. Heat to boiling; reduce heat to medium-low. Cover, cook 15 to 20 minutes, stirring occasionally, until potatoes are tender and soup is slightly thickened.

4. Stir in remaining ingredients. Cover; cook 5 to 6 minutes, stirring occasionally, until chicken and peas are hot. Ladle soup into bowls, top each serving with pastry.

Nutrition Information Per Serving:

1 SERVING: Calories 340 (Calories from Fat 120); Total Fat 13g (Saturated Fat 6g); Cholesterol 75mg; Sodium 1310mg; Total Carbohydrate 32g (Dietary Fiber 4g); Protein 25g

Tip >

DID YOU KNOW?

An easy way to add layers of flavor is to use poultry seasoning. A blend of sage, thyme, marjoram, rosemary, oregano, pepper and thyme, this seasoning adds a subtle, savory depth to chicken and turkey dishes.





• **LOW FAT**

Chicken and Barley Soup

Prep Time: 35 Minutes **Start to Finish:** 35 Minutes

Servings: 6 (1½ cups each)

- 1 carton (32 oz) chicken broth
- 1 can (14.5 oz) diced tomatoes, undrained
- 2 medium carrots, sliced (1 cup)
- 2 medium stalks celery, sliced (1 cup)
- 1 cup sliced fresh mushrooms (about 3 oz)
- ½ cup uncooked quick-cooking barley
- 1 teaspoon dried minced onion
- 2 cups chopped deli rotisserie chicken (from 2- to 2½-lb chicken)

1. In 3-quart saucepan, mix all ingredients except chicken. Heat to boiling over medium-high heat. Reduce heat to medium. Cover, simmer 15 to 20 minutes or until barley is tender.

2. Add chicken. Cover; cook about 3 minutes or until chicken is hot.

Nutrition Information Per Serving:

1 SERVING: Calories 180 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 1g); Cholesterol 40mg; Sodium 1000mg; Total Carbohydrate 16g (Dietary Fiber 4g); Protein 19g

Tips >

VARIATION

Add ½ teaspoon dried thyme leaves to the soup for a savory flavor.

Be sure to use quick-cooking barley because the regular type needs to cook longer than this recipe allows.

Chicken and Spinach Tortellini Soup

Prep Time: 20 Minutes **Start to Finish:** 45 Minutes

Servings: 5 (1 1/2 cups each)

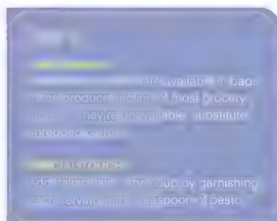
- 1 tablespoon olive or vegetable oil
- 1/2 cup chopped green onions (about 5 medium)
- 1/2 cup julienne-cut carrots
- 1 teaspoon finely chopped garlic
- 6 cups chicken broth
- 2 cups shredded deli rotisserie chicken (from 2- to 2 1/2-lb chicken)
- 1 cup frozen small cheese-filled tortellini
- 1/4 teaspoon ground nutmeg, if desired
- 1/2 teaspoon pepper
- 3 cups chopped fresh spinach

- 1.** In 4 1/2- to 5-quart Dutch oven, heat oil over medium-high heat. Cook onions, carrots and garlic in oil 3 to 4 minutes, stirring frequently, until onions are softened.
- 2.** Stir in broth and chicken. Heat to boiling. Stir in tortellini; reduce heat to medium. Cover; cook 3 to 5 minutes or until tortellini are tender.

- 3.** Stir in nutmeg, pepper and spinach. Cover; cook 2 to 3 minutes or until spinach is hot.

Nutrition Information Per Serving:

1 SERVING: Calories 240 (Calories from Fat 100); Total Fat 11g (Saturated Fat 3g); Cholesterol 80mg; Sodium 1540mg; Total Carbohydrate 10g (Dietary Fiber 1g); Protein 25g





• **QUICK** • **LOW FAT**

Thai-Style Chicken Curry Soup

Prep Time: 15 Minutes **Start to Finish:** 15 Minutes

Servings: 4 (1½ cups each)

- 1 carton (32 oz) chicken broth
- 3 tablespoons packed brown sugar
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons curry powder
- 1 small red bell pepper, coarsely chopped (1/2 cup)
- 1 small jalapeño chile, seeded, finely chopped (1 tablespoon)
- 1 cups chopped deli rotisserie chicken (from 2- to 2½-lb chicken)
- 2 tablespoons chopped fresh cilantro, if desired

1. In 3-quart saucepan, stir all ingredients except chicken and cilantro. Heat to boiling over medium-high heat. Reduce heat to medium. Simmer uncovered 3 to 5 minutes or until bell pepper is crisp-tender.

2. Stir in chicken. Cook 1 to 2 minutes or until chicken is hot. Just before serving, add cilantro.

Nutrition Information Per Serving:

1 SERVING: Calories 210 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2g); Cholesterol 60mg; Sodium 1770mg; Total Carbohydrate 14g (Dietary Fiber 0g); Protein 25g



• LOW FAT

Chicken Creole Soup

Prep Time: 35 Minutes Start to Finish: 55 Minutes

Servings: 8 (1½ cups each)

- 2 tablespoons butter or margarine
- 2 medium onions, coarsely chopped (1 cup)
- 2 medium stalks celery, coarsely chopped (1 cup)
- 1 medium green bell pepper, coarsely chopped (1 cup)
- 2 teaspoons finely chopped garlic
- 2½ lb boneless skinless chicken breasts or thighs, cut into 1-inch pieces
- ¼ cup Gold Medal® all-purpose flour
- 2 cans (14.5 oz each) diced tomatoes, undrained
- 4 cups reduced-sodium chicken broth
- 2 cups water
- 1 cup uncooked regular long-grain white rice
- 1 teaspoon salt
- ¼ teaspoon ground red pepper (cayenne)
- 2 dried bay leaves

1. In 5- to 6-quart Dutch oven, melt butter over medium-high heat. Add onions, celery, bell pepper, garlic and

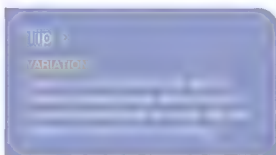
chicken; cook 7 to 9 minutes, stirring frequently, until onion is softened.

2. Stir in flour. Cook 5 to 6 minutes, stirring constantly, until flour is light brown.

3. Stir in remaining ingredients. Heat to boiling. Reduce heat to medium-low. Cover; cook 15 to 20 minutes, stirring occasionally, until rice is tender and chicken is no longer pink in center. Remove bay leaves.

Nutrition Information Per Serving:

1 SERVING: Calories 340 (Calories from Fat 70); Total Fat 8g (Saturated Fat 3g); Cholesterol 95mg; Sodium 810mg; Total Carbohydrate 31g (Dietary Fiber 2g); Protein 38g





Slow Cooker Spicy Chicken and Sausage Soup

Prep Time: 20 Minutes **Start to Finish:** 8 Hours 35 Minutes
Servings: 6 (1½ cups each)

- 1 package (20 oz) boneless skinless chicken thighs, cubed
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 can (14 oz) chicken broth
- 1 cup water
- ½ teaspoon red pepper sauce
- ½ lb cooked kielbasa, sliced
- 1 cup frozen bell pepper and onion stir-fry (from 1-lb bag), thawed
- ½ cup uncooked instant white rice

1. In 3- to 3½-quart slow cooker, mix chicken, tomatoes, broth, water and red pepper sauce.
2. Cover; cook on Low heat setting ■ to 10 hours.
3. Stir in kielbasa, stir-fry vegetables and rice. Increase

heat setting to High. Cover; cook 10 to 15 minutes until rice is tender.

Nutrition Information Per Serving:

1 SERVING: Calories 330 (Calories from Fat 170); Total Fat 19g (Saturated Fat 6g); Cholesterol 80mg; Sodium 810mg; Total Carbohydrate 14g (Dietary Fiber 1g); Protein 27g

Tips >

SUCCESS HINT

- For thicker soup, vary amount of water.
- Use 1½-pound packages of stir-fry.

VARIATION

- For a heartier soup, add your favorite vegetables.
- For a spicier flavor, increase the amount of red pepper sauce.

Minestrone with Italian Sausage

Prep Time: 25 Minutes **Start to Finish:** 45 Minutes

Servings: 7 (1½ cups each)

- 1 tablespoon olive or vegetable oil
- 1 lb bulk sweet Italian sausage
- 1 medium onion, chopped (½ cup)
- 2 medium carrots, coarsely chopped (1 cup)
- 2 teaspoons dried basil leaves
- 2 teaspoons finely chopped garlic
- 3 cans (14 oz each) beef broth
- 2 cups Progresso® diced tomatoes (from 28-oz can), undrained
- 1 can (15 to 16 oz) great northern beans, drained, rinsed
- 1 cup uncooked small elbow macaroni (3½ oz)
- 1 medium zucchini, cut lengthwise in half, then cut into ½-inch slices (1 cup)
- 1 cup Green Giant® frozen cut green beans

1. In 5-quart Dutch oven, heat oil over medium-high heat. Add sausage, onion, carrots, basil and garlic; cook 5 to 7 minutes, stirring frequently, until sausage is no longer pink; drain.

2. Stir broth, tomatoes and great northern beans into sausage mixture. Heat to boiling; reduce heat to medium-low. Cover; cook 7 to 8 minutes, stirring occasionally.

3. Stir in macaroni, zucchini and frozen green beans; heat to boiling. Cook over medium-high heat 5 to 10 minutes, stirring occasionally, until vegetables are hot and macaroni is tender.

Nutrition Information Per Serving:

1 SERVING: Calories 380 (Calories from Fat 140), Total Fat 16g (Saturated Fat 5g), Cholesterol 25mg, Sodium 1400mg, Total Carbohydrate 38g (Dietary Fiber 6g), Protein 20g

It's easy to make this soup healthier simply substitute an additional can of great northern beans or your favorite canned bean for the sausage and use vegetable broth instead of beef broth.





• QUICK

Seafood Bisque

Prep Time: 25 Minutes **Start to Finish:** 25 Minutes

Servings: 8

- ½ cup butter or margarine
- ½ cup Gold Medal® all-purpose flour
- 2 cans (14 oz each) chicken broth
- 4 cups (1 qt) half-and-half
- ½ cup dry white wine or water
- ½ cup chopped drained roasted red bell peppers (from 7-oz jar)
- 12 oz cod fillet, cut into 1-inch pieces
- 12 oz uncooked deveined peeled medium shrimp, thawed if frozen and tail shells removed
- ½ cup basil pesto
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. In 4-quart Dutch oven, melt butter over medium-high heat. Stir in flour. Gradually stir in broth, half-and-half and wine. Stir in bell peppers and cod. Heat to boiling, stirring occasionally.

2. Stir in shrimp. Simmer uncovered 2 to 3 minutes or until shrimp are pink. Stir in pesto, salt and pepper.

Nutrition Information Per Serving:

1 SERVING: Calories 420 (Calories from Fat 280); Total Fat 31g (Saturated Fat 15g); Cholesterol 150mg; Sodium 860mg; Total Carbohydrate 11g (Dietary Fiber 0g); Protein 22g

Tips >

SUBSTITUTION

Cooked shrimp works great in this recipe. You just add the shrimp to the bisque and simmer until heated through.

SPECIAL TOUCH

As you dish up the soup, sprinkle chopped fresh basil leaves and a little fresh shredded Parmesan cheese on each serving, or for a simple yet showy garnish for each serving, place a slice of avocado around an additional cooked shrimp.

Corn and Shrimp Chowder

Prep Time: 50 Minutes **Start to Finish:** 50 Minutes

Servings: 7 (1½ cups each)

- 4 slices bacon, cut into ½-inch pieces
 - 1 medium onion, coarsely chopped (½ cup)
 - 1 medium stalk celery, coarsely chopped (½ cup)
 - 6 small red potatoes, cut into ½-inch pieces
 - 2 cups Green Giant® Niblets® frozen whole kernel corn
 - ¼ teaspoon dried thyme leaves
 - 4 cups chicken broth
 - ¼ cup Gold Medal® Wondra® quick-mixing flour
 - 2 cups half-and-half
 - 12 oz frozen uncooked medium shrimp, peeled, deveined and tail shells removed (do not thaw)
 - ½ teaspoon salt
 - ¼ teaspoon pepper
- 1.** In 5- to 6-quart Dutch oven, cook bacon over medium-high heat 5 to 6 minutes, stirring frequently, until crisp. Stir in onion, celery, potatoes, frozen corn and thyme. Cook 5 to 6 minutes, stirring frequently, until onion and celery are softened.

2. Beat in broth and flour with wire whisk. Heat to boiling; reduce heat to medium. Cover; cook about 15 minutes, stirring occasionally, until potatoes are tender and soup is slightly thickened.

3. Stir in half-and-half, shrimp, salt and pepper. Cover; cook 5 to 6 minutes, stirring occasionally, until shrimp are pink.

Nutrition Information Per Serving:

1 SERVING: Calories 280 (Calories from Fat 100); Total Fat 11g (Saturated Fat 6g); Cholesterol 100mg; Sodium 930mg; Total Carbohydrate 31g (Dietary Fiber 3g); Protein 16g

to >

SERVE WITH

Make this cozy soup the star of a simple meal. A basket of hearty whole-grained sourdough rolls or breadsticks is the only accompaniment needed.





• **LOW FAT**

Chunky Tomato Soup

Prep Time: 35 Minutes **Start to Finish:** 1 Hour 35 Minutes
Servings: 8

- 2 tablespoons olive or vegetable oil
- 2 medium stalks celery, coarsely chopped (1 cup)
- 2 medium carrots, coarsely chopped (1 cup)
- 2 cloves garlic, finely chopped
- 2 cans (28 oz each) plum (Roma) tomatoes, undrained
- 2 cups water
- 1 teaspoon dried basil leaves
- ½ teaspoon pepper
- 2 cans (14 oz each) vegetable broth

1. In 5- to 6-quart Dutch oven, heat oil over medium-high heat. Add celery, carrots and garlic; cook 5 to 7 minutes, stirring frequently, until carrots are crisp-tender.

2. Stir in tomatoes, breaking up tomatoes coarsely. Stir in water, basil, pepper and broth. Heat to boiling. Reduce heat to low. Cover, simmer 1 hour, stirring occasionally.

Nutrition Information Per Serving:

1 SERVING: Calories 90 (Calories from Fat 35), Total Fat 3.5g (Saturated Fat 0.5g), Cholesterol 0mg, Sodium 750mg, Total Carbohydrate 13g (Dietary Fiber 3g), Protein 2g



• **QUICK** • **LOW FAT**

Fire-Roasted Tomato Basil Soup

Prep Time: 30 Minutes **Start to Finish:** 30 Minutes

Servings: 5 (1½ cups each)

- 1 tablespoon olive or vegetable oil
- 1 large onion, chopped (1 cup)
- 2 medium carrots, chopped (1 cup)
- 2 cans (14.5 oz each) fire-roasted diced tomatoes, undrained
- 2 cans (14 oz each) chicken broth
- 1 cup water
- 1 teaspoon red pepper sauce
- ½ cup uncooked orzo pasta
- 1 teaspoon dried basil leaves

1. In 4-quart saucepan, heat oil over medium heat. Add onion and carrots. Cook 11 to 3 minutes, stirring occasionally, until softened.

- 2.** Stir in tomatoes, broth, water and pepper sauce. Heat to boiling. Stir in pasta. Heat to boiling; reduce heat to medium. Cook uncovered 10 to 15 minutes, stirring occasionally, until pasta and carrots are tender.
- 3.** Stir in basil. Cook about 1 minute, stirring constantly.

Nutrition Information Per Serving:

1 SERVING: Calories 160 (Calories from Fat 40); Total Fat 4g (Saturated Fat 0.5g); Cholesterol 0mg; Sodium 990mg; Total Carbohydrate 23g (Dietary Fiber 4g); Protein 7g





• **QUICK**

Cheddar Cheese and Broccoli Soup

Prep Time: 30 Minutes **Start to Finish:** 30 Minutes

Servings: 6 (1½ cups each)

- 2 cans (10¾ oz each) condensed Cheddar cheese soup
- 2 cups water
- 5 cups Green Giant® frozen broccoli florets
- 2 cups milk
- ½ teaspoon ground mustard
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ½ teaspoon pepper
- 2 cups shredded Cheddar cheese (8 oz)

1. In 4-quart saucepan, mix soup and water. Heat over high heat, stirring constantly, until boiling and smooth.

2. Add broccoli. Heat to boiling; reduce heat to medium. Cover, cook 8 to 10 minutes, stirring occasionally, until broccoli is tender.

3. Stir in milk, mustard, salt, garlic powder and pepper. Cook uncovered 3 to 5 minutes, stirring occasionally, until thoroughly heated. Stir in cheese until melted.

Nutrition Information Per Serving:

1 SERVING: Calories 340 (Calories from Fat 200); Total Fat 22g (Saturated Fat 13g); Cholesterol 60mg; Sodium 1300mg; Total Carbohydrate 18g (Dietary Fiber 2g); Protein 18g

Tip

SUCCESS HINT

Be sure to stir in the cheese just until melted and serve the soup right away to help prevent curdling.


♦ LOW FAT

Slow Cooker Zesty Black Bean Soup

Prep Time: 25 Minutes **Start to Finish:** 11 Hours 25 Minutes

Servings: 9 (1½ cups each)

- 2 cups dried black beans (1 lb), sorted, rinsed
- 10 cups water
- 8 cups vegetable broth
- 2 cans (14.5 oz each) no-salt-added stewed tomatoes, undrained
- 2 medium carrots, coarsely chopped (1 cup)
- 1 medium onion, coarsely chopped (1 cup)
- ¼ cup chopped fresh cilantro
- 2 teaspoons finely chopped garlic
- ¼ teaspoon pepper
- ¼ teaspoon ground red pepper (cayenne)
- Reduced-fat sour cream, if desired
- Additional chopped fresh cilantro, if desired

1. In 4-quart Dutch oven, heat beans and water  boiling; reduce heat. Simmer uncovered 10 minutes; remove from heat. Cover; let stand 1 hour.

2. Drain beans. In 6-quart slow cooker, place beans and remaining ingredients except sour cream and additional cilantro.

3. Cover; cook on Low heat setting 10 to 12 hours.

4. Serve soup topped with sour cream and additional cilantro.

Nutrition Information Per Serving:

1 SERVING: Calories 190 (Calories from Fat 5); Total Fat 0.5g (Saturated Fat 0g); Cholesterol 0mg; Sodium 920mg; Total Carbohydrate 41g (Dietary Fiber 12g); Protein 13g

Tip >

DID YOU KNOW?

Black beans, also called turtle beans, have long been popular in Latin American and Caribbean cooking. Black on the outside and creamy color inside, these beans have a sweet flavor.





• LOW FAT

Slow Cooker Tuscan Bean Soup

Prep Time: 25 Minutes **Start to Finish:** 8 Hours 25 Minutes
Servings: 6 (1½ cups each)

- 1 lb small red potatoes, cut into quarters (about 3 cups)
- 4 medium carrots, sliced (2 cups)
- 1 medium onion, chopped (½ cup)
- 2 cloves garlic, finely chopped
- 2 cans (15 to 16 oz each) great northern beans, drained, rinsed
- 2 cans (14 oz each) chicken broth
- 2 cups diced fully cooked ham
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- 2 tablespoons chopped fresh parsley
- 1 tablespoon olive or vegetable oil

1. In 3- to 4-quart slow cooker, mix all ingredients except parsley and oil.
2. Cover; cook on Low heat setting ■ to 10 hours
3. Stir in parsley and oil before serving.

Nutrition Information Per Serving:

1 SERVING: Calories 380 (Calories from Fat 70); Total Fat ■ (Saturated Fat 2g), Cholesterol 25mg; Sodium 1470mg; Total Carbohydrate 50g (Dietary Fiber 11g); Protein 27g



• **LOW FAT**

Slow Cooker Creamy Split Pea Soup

Prep Time: 20 Minutes **Start to Finish:** 10 Hours 50 Minutes
Servings: 8

- 1 lb dried green split peas (2 cups), sorted, rinsed
- 6 cups water
- ½ cup dry sherry or apple juice
- 1 large dark-orange sweet potato, peeled, cubed (2 cups)
- 1 large onion, chopped (1 cup)
- 4 cloves garlic, finely chopped
- 2 teaspoons salt
- 3 cups firmly packed chopped fresh spinach leaves
- 1 cup whipping cream
- 2 tablespoons chopped fresh dill weed
- Freshly ground pepper to taste

1. In 3½- to 4-quart slow cooker, mix split peas, water, sherry, sweet potato, onion, garlic and salt.

2. Cover; cook on Low heat setting 10 to 11 hours.

3. Stir in spinach, whipping cream and dill weed. Cover; cook on Low heat setting about 30 minutes or until spinach is wilted. Season with pepper.

Nutrition Information Per Serving:

1 SERVING: Calories 300 (Calories from Fat 90); Total Fat 10g (Saturated Fat 6g); Cholesterol 35mg; Sodium 620mg; Total Carbohydrate 39g (Dietary Fiber 16g); Protein 13g

Tips

SERVE WITH

A mixed fresh fruit salad splashed with citrus juice. This soup would also be a great texture for a salad.

VARIATION

Add ½ cup of ketchup to make a heartier soup. Or, use salt to taste.





• **LOW FAT**

Slow Cooker French Onion Soup

Prep Time: 15 Minutes **Start to Finish:** 5 Hours 50 Minutes
Servings: 8

SOUP

- 3 large onions, sliced
- 3 tablespoons butter or margarine, melted
- 4 cans (14 oz each) beef broth
- 3 tablespoons Gold Medal® all-purpose flour
- 1 tablespoon Worcestershire sauce
- 1 teaspoon sugar
- ¼ teaspoon pepper

CHEESY BROILED FRENCH BREAD

- 8 slices French bread, 1 inch thick
- ¾ cup shredded mozzarella cheese (3 oz)
- 2 tablespoons grated or shredded
Parmesan cheese

1. In 5- to 6-quart slow cooker, mix onions and butter. Cover; cook on High heat setting 4 to 5 hours or until onions begin to brown slightly around edges.

2. In small bowl, mix ¼ cup of the broth, the flour, Worcestershire sauce, sugar and pepper. Stir flour mixture and remaining broth into onions. Cover; cook on High heat setting 30 to 35 minutes or until hot.

3. Set oven control to broil. Place bread slices on ungreased cookie sheet. Sprinkle with cheeses. Broil with tops 5 to 6 inches from heat 1 to 3 minutes or until cheeses are melted. Place 1 slice bread on each bowl of soup.

Nutrition Information Per Serving:

1 SERVING: Calories 190 (Calories from Fat 70); Total Fat 8g (Saturated Fat 3g); Cholesterol 10mg; Sodium 1190mg; Total Carbohydrate 21g (Dietary Fiber 2g); Protein 10g

Tip >

SUBSTITUTION

Vegetarians in your family? Use vegetable or ready-to-serve vegetable broth instead of beef broth.



Wild Rice Soup

Prep Time: 45 Minutes **Start to Finish:** 45 Minutes
Servings: 7

- ¼ cup butter or margarine
- 4 medium stalks celery, sliced (2 cups)
- 2 medium carrots, coarsely shredded (2 cups)
- 1 large onion, chopped (1 cup)
- 1 medium green bell pepper, chopped (1 cup)
- ¼ cup plus 2 tablespoons Gold Medal® all-purpose flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 3 cups cooked wild rice
- 2 cups water
- 2 cans (10.5 oz each) condensed chicken broth
- 3 cups half-and-half
- ⅔ cup slivered almonds, toasted, if desired
- ½ cup chopped fresh parsley

1. In 4-quart saucepan or Dutch oven, melt butter over medium-high heat. Cook celery, carrots, onion and bell pepper in butter about 10 minutes, stirring frequently, until crisp-tender.

2. Stir in flour, salt and pepper. Stir in wild rice, water and broth. Heat to boiling; reduce heat. Cover; simmer 15 minutes, stirring occasionally.

3. Stir in half-and-half, almonds and parsley. Heat just until hot (do not boil or soup may curdle).

Nutrition Information Per Serving:

1 SERVING: Calories 360 (Calories from Fat 180); Total Fat 20g (Saturated Fat 11g); Cholesterol 55mg; Sodium 1240mg; Total Carbohydrate 33g (Dietary Fiber 4g); Protein 12g



Southwestern Pork Soup

Prep Time: 25 Minutes **Start to Finish:** 35 Minutes
Servings: 5 (1¼ cups each)

- 2 teaspoons vegetable oil
- 1 lb boneless pork loin, trimmed of fat, cut into ½-inch cubes
- 4 medium green onions, sliced (¼ cup)
- 1 small jalapeño chile, seeded, finely chopped
- 1 clove garlic, finely chopped
- 2 cans (14 oz each) reduced-sodium chicken broth
- 2 cans (15 to 16 oz each) great northern beans, rinsed, drained
- ½ cup loosely packed chopped fresh cilantro
- ¼ cup loosely packed chopped fresh parsley

1. In 3-quart nonstick saucepan, heat oil over medium-high heat. Add pork; cook 3 to 5 minutes, stirring occasionally, until browned. Add onions, chile and garlic; cook and stir 1 minute.

2. Add broth and beans. Heat to boiling; reduce heat. Cover; simmer about 10 minutes or until pork is no longer pink in center. Stir in cilantro and parsley; cook until heated through.

Nutrition Information Per Serving:

1 SERVING: Calories 400 (Calories from Fat 90); Total Fat 11g (Saturated Fat 3g); Cholesterol 60mg; Sodium 390mg; Total Carbohydrate 45g (Dietary Fiber 11g); Protein 40g

Slow Cooker
Hungarian Beef
Stew, p. 49



satisfying stews

With their hearty ingredients and mouthwatering aromas, these meals in a bowl chase away the season's chills.

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Continental Pork Stew

Prep Time: 40 Minutes **Start to Finish:** 1 Hour 10 Minutes

Servings: 6 (1½ cups each)

- 1 tablespoon olive or vegetable oil
- 1 tablespoon butter or margarine
- 2 teaspoons finely chopped garlic
- 1 package (8 oz) sliced fresh mushrooms (3 cups)
- 1½ lb boneless pork loin roast, cut into 1-inch pieces
- 2½ cups chicken broth
- 1 cup white wine or chicken broth
- 1½ cups frozen small whole onions (from 1-lb bag)
- 3 medium carrots, cut lengthwise in half, then cut into ¼-inch slices
- 1 small onion, studded with 4 whole cloves
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 cup whipping cream
- ½ cup Gold Medal® Wondra® quick-mixing flour
- Chopped fresh parsley, if desired

1. In 4½- to 5-quart Dutch oven, heat oil and butter over medium-high heat. Cook garlic and mushrooms in oil mixture 5 to 6 minutes, stirring frequently, until mushrooms are softened.
2. Stir in pork. Cook 3 to 7 minutes, stirring frequently, until pork is lightly browned.
3. Stir in broth, wine, frozen whole onions, carrots, onion with cloves, salt and pepper. Heat to boiling, reduce heat to medium-low. Cover, cook 25 to 30 minutes, stirring occasionally, until pork is tender and no longer pink in center.
4. Remove onion with cloves, discard. Beat 1 cup whipping cream and flour with wire whisk. Cook 3 to 6 minutes, stirring constantly, until hot and slightly thickened. Sprinkle with parsley.

Nutrition Information Per Serving:

1 SERVING: Calories 450 (Calories from Fat 270); Total Fat 30g (Saturated Fat 13g); Cholesterol 120mg; Sodium 910mg; Total Carbohydrate 15g (Dietary Fiber 2g); Protein 31g

Tips

If your family likes the flavor of beer, you can substitute beer for the chicken broth. Or use beef boneless loin roast for the pork.

To make the studding onion: Cut the stew to the onion, then gently push a whole clove into it.

If you want to have plenty of gravy, stir 1½ cups of thick slices of potatoes (or 1½ cups of rice) into the flavorful mixture and simmer 10 minutes.



Slow Cooker Beef and Potato Stew

Prep Time: 20 Minutes **Start to Finish:** 8 Hours 35 Minutes

Servings: 6 (1½ cups each)

- 1 cup dry-pack sun-dried tomatoes
- 1½ lb beef stew meat
- 12 small red potatoes (1½ lb), cut in half
- 1 medium onion, cut into 8 wedges
- 1½ cups ready-to-eat baby-cut carrots
- 1 can (14 oz) beef broth
- 1½ teaspoons seasoned salt
- 1 dried bay leaf
- ½ cup water
- ¼ cup Gold Medal® all-purpose flour

1. In small bowl, cover dry tomatoes with boiling water. Let stand 10 minutes; drain. Coarsely chop tomatoes.
2. In 3½- to 4-quart slow cooker, mix tomatoes and remaining ingredients except water and flour.

3. Cover; cook on Low heat setting 8 to 9 hours.

4. In small bowl, mix water and flour; gradually stir into stew. Increase heat setting to High. Cover; cook 10 to 15 minutes or until slightly thickened. Remove bay leaf.

Nutrition Information Per Serving:

1 SERVING: Calories 350 (Calories from Fat 125); Total Fat 14g (Saturated Fat 5g); Cholesterol 70mg; Sodium 900mg; Total Carbohydrate 34g (Dietary Fiber 4g); Protein 28g

Tip >

PURCHASING

When buying new potatoes, steer clear of those that are wrinkled, sprouted or cracked. It's quite common, however, that new potatoes have spots where they are missing their leathery skin.

Slow Cooker Cajun Beef Stew

Prep Time: 15 Minutes **Start to Finish:** 8 Hours

Servings: 4 to 6

- ¼ cup Caribbean jerk marinade
- 1½ lb beef stew meat
- 4 medium red potatoes (about ¾ lb), cut into quarters
- ½ cup Gold Medal® all-purpose flour
- 1 tablespoon spicy Cajun seasoning
- 1 can (14.5 oz) diced tomatoes, undrained
- 3 cups frozen bell pepper and onion stir-fry (from 1-lb bag)

1. Pour marinade over beef in resealable food-storage plastic bag or glass or plastic dish; coat beef with marinade. Let stand 15 minutes.
2. Spray inside of 4- to 5-quart slow cooker with cooking spray. Place potatoes in slow cooker. Mix flour and Cajun seasoning; toss with beef and marinade, coating well. Place beef and marinade on potatoes. Add tomatoes.
3. Cover; cook on Low heat setting 7 to 8 hours.
4. Stir in stir-fry vegetables. Cover; cook on Low heat setting 15 to 30 minutes or until vegetables are tender.

Nutrition Information Per Serving:

1 SERVING: Calories 550 (Calories from Fat 180); Total Fat 20g (Saturated Fat 8g); Cholesterol 100mg; Sodium 320mg; Total Carbohydrate 52g (Dietary Fiber 6g); Protein 41g

Tips »

VARIATION

If you like your food hot and spicy, you may want to increase the Cajun seasoning to 2 tablespoons.

DID YOU KNOW?

Cajun cooks like rice! A regional specialty is "dirty rice," which has a brownish or "dirty" appearance from the chicken, vegetables, cooked and ground, and then added to the rice mixture. With bits of bell pepper, onion, garlic, and pepper, this rice has a distinct spiciness and unique flavor. On milder palates, simply serve this southern-inspired stew with hot cooked white or brown rice.





Burgundy Beef Stew

Prep Time: 15 Minutes **Start to Finish:** 3 Hours 5 Minutes
Servings: 8 (about 1 1/4 cups each)

- 6 slices bacon, cut into 1-inch pieces
- 2 lb beef stew meat, cut into 1-inch pieces
- 1/2 cup Gold Medal® all-purpose flour
- 1 1/2 cups dry red wine or beef broth
- 1 1/2 teaspoons chopped fresh or 1/2 teaspoon dried thyme leaves
- 1 1/4 teaspoons salt
- 1 teaspoon beef bouillon granules
- 1/4 teaspoon pepper
- 1 clove garlic, finely chopped
- 1 dried bay leaf
- 2 tablespoons butter or margarine
- 1 package (8 oz) sliced fresh mushrooms (3 cups)
- 4 medium onions, sliced
- Chopped fresh parsley, if desired

1. In 4-quart Dutch oven, cook bacon over low heat, stirring occasionally, until crisp. Remove bacon with slotted spoon. Refrigerate bacon.
2. Coat beef with flour. Cook beef in bacon drippings

over medium-high heat, stirring frequently, until brown. Drain excess fat from Dutch oven.

3. Add wine and just enough water to cover beef to Dutch oven. Stir in thyme, salt, bouillon granules, pepper, garlic and bay leaf. Heat to boiling; reduce heat. Cover; simmer about 1 hour 30 minutes or until beef is tender.

4. In 12-inch skillet, melt butter over medium heat. Cook mushrooms and onions in butter, stirring frequently, until onions are tender. Stir mushroom mixture and bacon into stew. Cover; simmer 10 minutes. Remove bay leaf. Garnish stew with parsley.

Nutrition Information Per Serving:

1 SERVING: Calories 340 (Calories from Fat 190); Total Fat 21g (Saturated Fat 8g); Cholesterol 85mg; Sodium 850mg; Total Carbohydrate 10g (Dietary Fiber 2g); Protein 27g

Tip

Serve the stew with hot cooked egg noodles or complete meal rice bowl.

Slow Cooker Hungarian Beef Stew

Prep Time: 10 Minutes **Start to Finish:** 7 Hours 25 Minutes

Servings: 6 (1½ cups each)

- 2 lb beef stew meat
- 6 unpeeled small red potatoes, cut into ¾-inch pieces (3 cups)
- 1 cup frozen small whole onions (from 1-lb bag), thawed
- ¼ cup Gold Medal® all-purpose flour
- 1 tablespoon paprika
- ½ teaspoon peppered seasoned salt
- ¼ teaspoon caraway seed
- 1 can (14 oz) beef broth
- 1½ cups Green Giant® frozen sweet peas, thawed
- ½ cup sour cream

1. Spray 3- to 4-quart slow cooker with cooking spray. Add beef, potatoes, onions, flour, paprika, peppered seasoned salt and caraway seed to cooker, toss until well mixed. Stir in broth.

2. Cover; cook on Low heat setting 7  8 hours.

3. Stir in peas and sour cream. Cover; cook on Low heat setting about 15 minutes or until peas are tender.

Nutrition Information Per Serving:

1 SERVING. Calories 460 (Calories from Fat 190), Total Fat 22g (Saturated Fat 9g), Cholesterol 105mg, Sodium 530mg, Total Carbohydrate 31g (Dietary Fiber 5g), Protein 37g

Tips >

SUBSTITUTION

If you don't have the frozen onions on hand, you can substitute 1 cup chopped onion.

HOW-TO

Skim the fat from stews and soups with a spoon.  Place a slice of bread on the top of the mixture for a short time to absorb the fat.





Italian Beef and Ravioli Stew

Prep Time: 30 Minutes **Start to Finish:** 1 Hour 40 Minutes
Servings: 6 (1½ cups each)

- 1 tablespoon olive or vegetable oil
- 1 medium onion, coarsely chopped (½ cup)
- 2 teaspoons finely chopped garlic
- 2 teaspoons chopped fresh rosemary leaves
- 1 medium yellow or green bell pepper, cut into 2-inch strips
- 2 lb boneless beef chuck, cut into 1-inch pieces
- 2 cans (14.5 oz each) diced tomatoes with balsamic vinegar, basil and olive oil, undrained
- ½ cup red wine or beef broth
- 1½ cups Green Giant® frozen cut green beans
- 1 package (9 oz) refrigerated cheese-filled ravioli

1. In 4½- to 5-quart Dutch oven, heat oil over medium-high heat. Cook onion, garlic, rosemary and bell pepper in oil 4 to 11 minutes, stirring frequently, until onion is softened. Stir in beef. Cook 6 to 8 minutes, stirring occasionally, until beef is lightly browned.
2. Stir in tomatoes and wine. Heat to boiling; reduce heat to medium-low. Cover; cook 45 to 50 minutes, stirring occasionally, until beef is tender.
3. Stir in frozen green beans and ravioli. Increase heat to medium-high. Cook 8 to 10 minutes, stirring occasionally, until ravioli are tender.

Nutrition Information Per Serving:
1 SERVING: Calories 495 (Calories from Fat 270); Total Fat 30g (Saturated Fat 9g); Cholesterol 135mg; Sodium 620mg; Total Carbohydrate 18g (Dietary Fiber 3g); Protein 33g

Tips

Use dried rosemary to add the flavor of rosemary to the stew, but if you like basil, add ahead of time. Use chopped fresh basil instead.

Warm Italian peasant bread and herb butter is a delicious combination with this hearty stew. For the meal, pair with a crisp white wine, a chocolate-dipped biscotti or a slice of ricotta and honey cake.

For a lighter meal, substitute a side of sautéed green beans for the frozen green beans. Or, for a vegetarian version, use vegetable broth and omit the beef.

Slow Cooker Beef Stroganoff Stew

Prep Time: 20 Minutes **Start to Finish:** 5 Hours 50 Minutes
Servings: 5 (1½ cups each)

- 1 medium onion, chopped (½ cup)
- 1 clove garlic, finely chopped
- 1 lb boneless beef tip steak, cut into ½-inch pieces
- 2 cans (18 oz each) Progresso® Vegetable Classics creamy mushroom soup
- ½ cup water
- 2½ cups uncooked wide egg noodles (4 oz)
- 1 cup sour cream
- 2 tablespoons chopped fresh parsley, if desired

1. In 3½- to 4-quart slow cooker, layer onion, garlic and beef. Pour soup and water over beef.
2. Cover; cook on Low heat setting 5 to 7 hours.

3. Stir noodles into mixture. Increase heat setting to High. Cover; cook 20 to 30 minutes or until noodles are tender. Stir in sour cream. Garnish individual servings with parsley.

Nutrition Information Per Serving:

1 SERVING: Calories 430 (Calories from Fat 220); Total Fat 25g (Saturated Fat 12g); Cholesterol 125mg; Sodium 880mg; Total Carbohydrate 25g (Dietary Fiber 1g); Protein 24g

Tip >

TIME-SAVER

To save precious minutes in the morning, use minced garlic or jar. You could also cut up the beef the night before and refrigerate.





• **LOW FAT**

Dijon Steak and Potato Stew

Prep Time: 20 Minutes **Start to Finish:** 45 Minutes

Servings: 4 (1 1/4 cups each)

- 1 lb boneless beef sirloin, cut into 1/2-inch pieces
 - 1/2 teaspoon peppered seasoned salt
 - 2 jars (12 oz each) home-style beef gravy
 - 1 cup water
 - 2 tablespoons Dijon mustard
 - 1/4 teaspoon dried thyme leaves
 - 4 unpeeled small red potatoes, cut into 1/2- to 3/4-inch cubes (about 2 cups)
 - 1 1/2 cups Green Giant® frozen cut green beans
 - 2 medium carrots, sliced (1 cup)
- 1.** Sprinkle beef with peppered seasoned salt. In 4-quart Dutch oven or 12-inch nonstick skillet, cook beef over medium-high heat about 4 minutes, stirring frequently, until brown.

2. Stir in gravy, water, mustard and thyme until well blended. Stir in potatoes, green beans and carrots. Heat to boiling; reduce heat to medium-low.

3. Cover; cook 20 to 22 minutes, stirring occasionally, until potatoes and beans are tender.

Nutrition Information Per Serving:

1 SERVING. Calories 300 (Calories from Fat 70), Total Fat 6g (Saturated Fat 3g); Cholesterol 85mg; Sodium 1370mg; Total Carbohydrate 28g (Dietary Fiber 5g); Protein 32g

Tip >

SUBSTITUTION

If you have baby-cut carrots on hand, go ahead and use them instead of the sliced carrots.

• **LOW FAT**

French Peasant Chicken Stew

Prep Time: 10 Minutes **Start to Finish:** 35 Minutes

Servings: 6 (1½ cups each)

- 2 cups ready-to-eat baby-cut carrots
- 1 cup sliced fresh mushrooms (about 3 oz)
- 4 small red potatoes, cut into quarters
- 1 jar (12 oz) chicken gravy
- 1 can (14 oz) reduced-sodium chicken broth
- 1 teaspoon dried thyme leaves
- ½ cup Green Giant® LeSueur® frozen baby sweet peas
- 1 deli rotisserie chicken (2 to 2 ½ lb), cut into serving pieces

1. In 4-quart saucepan, mix all ingredients except peas and chicken

2. Heat to boiling over medium-high heat. Reduce heat to medium-low. Cover; simmer about 20 minutes or until vegetables are tender.

3. Stir in peas and chicken. Cover; simmer about 5 minutes or until peas are tender.

Nutrition Information Per Serving:

1 SERVING: Calories 290 (Calories from Fat 90); Total Fat 10g (Saturated Fat 2.5g); Cholesterol 75mg; Sodium 920mg; Total Carbohydrate 22g (Dietary Fiber 4g); Protein 28g





Slow Cooker Creamy Herbed Chicken Stew

Prep Time: 30 Minutes **Start to Finish:** 7 Hours 40 Minutes
Servings: 12 (1½ cups each)

- 4 cups ready-to-eat baby-cut carrots
- 4 medium Yukon gold potatoes, cut into 1½-inch pieces
- 1 large onion, chopped (1 cup)
- 2 medium stalks celery, sliced (1 cup)
- 1 teaspoon dried thyme leaves
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 lb boneless skinless chicken thighs
- 3 cups chicken broth
- 2 cups fresh snap pea pods
- 1 cup whipping cream
- ½ cup Gold Medal® all-purpose flour
- 1 teaspoon dried thyme leaves

1. In 5- to 6-quart slow cooker, place carrots, potatoes, onion and celery. Sprinkle with 1 teaspoon thyme, the salt and pepper. Top with chicken. Pour in broth.
2. Cover; cook on Low heat setting 7 to 8 hours, adding pea pods for last 5 to 10 minutes of cooking.

3. Remove chicken and vegetables from cooker to serving bowl, using slotted spoon; cover to keep warm. Increase heat setting to High. In small bowl, mix whipping cream, flour and 1 teaspoon thyme; stir into liquid in cooker. Cover; cook about 10 minutes or until thickened. Pour sauce over chicken and vegetables.

Nutrition Information Per Serving:
1 SERVING Calories 270 (Calories from Fat 110); Total Fat 13g (Saturated Fat 6g); Cholesterol 70mg; Sodium 430mg; Total Carbohydrate 18g (Dietary Fiber 3g); Protein 20g

Tips

Chicken thighs are ideal for slow cooking because they stay moist and juicy unlike chicken breasts. When they become dry and fall apart, the only saving process is to shred them.

5 to 6 quart 7 to 8 quart

1 quart 2 quarts

Slow Cooker Hearty Pork Stew

Prep Time: 35 Minutes **Start to Finish:** 7 Hours 20 Minutes

Servings: 6 (1½ cups each)

- 1 tablespoon vegetable oil
- 1½ lb boneless pork loin roast, cut into 1-inch cubes
- 3 medium carrots, cut into ¼-inch slices (1½ cups)
- 1 medium onion, chopped (½ cup)
- 2 cups ½-inch cubes peeled parsnips
- 1½ cups 1-inch cubes peeled butternut squash
- 4 cups chicken broth
- 1 tablespoon chopped fresh or 1 teaspoon dried sage leaves
- 2 teaspoons chopped fresh or ¾ teaspoon dried thyme leaves
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons Gold Medal® all-purpose flour
- 3 tablespoons butter or margarine, softened

1. In 10-inch skillet, heat oil over medium-high heat. Cook pork in oil 6 to 8 minutes, stirring occasionally, until browned on all sides.
2. In 3-quart slow cooker, mix pork and remaining ingredients except flour and butter

3. Cover; cook on Low heat setting 6 to 7 hours.

4. Mix flour and butter; gradually stir into stew until blended. Increase heat setting to High. Cover; cook 30 to 45 minutes, stirring occasionally, until thickened.

Nutrition Information Per Serving:

1 SERVING: Calories 365 (Calories from Fat 160); Total Fat 18g (Saturated Fat 7g); Cholesterol 90mg; Sodium 980mg; Total Carbohydrate 21g (Dietary Fiber 4g); Protein 30g

Tips

If you're not fond of parsnips, leave them out and add a more sliced carrot.

The skin of winter squash can be quite bitter and be extremely hard and sticky to cut. To make cutting easier, use a heavy knife and cut through the skin first. Then, the squash is easier to peel.





Slow Cooker Smoky Ham and Navy Bean Stew

Prep Time: 10 Minutes **Start to Finish:** 11 Hours 10 Minutes

Servings: 4

- 1 lb cooked ham, cut into ½-inch cubes (3 cups)
- 1 cup dried navy beans, sorted, rinsed
- 2 medium stalks celery, sliced (1 cup)
- 1 small onion, chopped (¼ cup)
- 2 medium carrots, sliced (1 cup)
- 2 cups water
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon liquid smoke
- ¼ cup chopped fresh parsley

1. In 3½- to 4-quart slow cooker, mix all ingredients except parsley.

2. Cover; cook on Low heat setting 10 to 12 hours. Stir in parsley before serving.

Nutrition Information Per Serving:

1 SERVING: Calories 390 (Calories from Fat 100), Total Fat 11g (Saturated Fat 3.5g), Cholesterol 60mg, Sodium 1740mg, Total Carbohydrate 37g (Dietary Fiber 9g), Protein 37g

Tip

SERVE WITH

For an effortless meal, serve the stew with microwavable frozen baked biscuits just as they come. Or, heat microwavable dishes up the stew.

Italian Seafood Stew with Garlic-Herb Croutons

Prep Time: 1 Hour **Start to Finish:** 1 Hour 30 Minutes
Servings: 8 (1½ cups each)

- 12 fresh clams in shells
- 2 tablespoons white vinegar
- 12 fresh mussels in shells
- 2 bottles (8 oz each) clam juice
- 2 cans (14.5 oz each) diced tomatoes, undrained
- 2 cans (15 oz each) tomato sauce
- 1 cup dry white wine or water
- 1 container (7 oz) refrigerated pesto
- 1 lb cod fillets, cut into bite-size pieces
- ½ lb uncooked deveined peeled medium shrimp (about 16), thawed if frozen, tail shells removed
- ½ lb uncooked sea scallops (about 16), thawed if frozen
- 3 tablespoons butter or margarine, softened
- 16 slices (½ inch thick) French bread

1. Discard any broken-shell or open (dead) clams. Place remaining clams in large container. Cover with 1½ cups water and the vinegar. Let stand 30 minutes; drain. Scrub clams in cold water.
2. Meanwhile, discard any broken-shell or open (dead) mussels. Scrub remaining mussels in cold water, removing any barnacles with a dull paring knife. Pull beard by giving it a tug (using a kitchen towel may help). If you have trouble removing it, use a pliers to grip and pull gently. Place mussels in large container. Cover with cool water. Agitate water with hand, then drain and discard water. Repeat several times until water runs clear; drain.

3. Heat oven to 350°F. In 4-quart Dutch oven, mix clam juice, tomatoes, tomato sauce, wine and ½ cup of the pesto. Layer cod, shrimp, scallops, mussels and clams in Dutch oven. Heat to boiling over medium-high heat; reduce heat. Cover; simmer 15 to 20 minutes or until mussel and clam shells have opened.

4. Meanwhile, in small bowl, mix butter and remaining pesto until well blended. Spread on both sides of bread. On ungreased cookie sheet, place bread in single layer. Bake 10 to 15 minutes, turning once, until toasted on both sides.

5. Discard any mussels or clams that don't open. Spoon stew into soup bowls, top with croutons.

Nutrition Information Per Serving:
1 SERVING: Calories 450 (Calories from Fat 190); Total Fat 21g (Saturated Fat 5g); Cholesterol 110mg; Sodium 1590mg; Total Carbohydrate 33g (Dietary Fiber 4g); Protein 32g

Tips

Double up on it — seafood and pesto are fresh favorites.

Save it! The ingredients assemble so easily, you can cook ahead if you're going to be out of town. Whip this up 10 minutes before you need it.





Tomato-Vegetable Stew with Cheddar Cheese Dumplings

Prep Time: 20 Minutes **Start to Finish:** 1 Hour 5 Minutes
Servings: 5

STEW

- 2 tablespoons vegetable oil
- 2 large onions, coarsely chopped (2 cups)
- 2 medium stalks celery, coarsely chopped (¾ cup)
- 2 cups frozen Italian green beans
- 1 can (28 oz) Progresso® diced tomatoes, undrained
- 1 can (14 oz) vegetable broth
- 1 teaspoon dried basil leaves
- ¼ teaspoon pepper

DUMPLINGS

- 1½ Gold Medal® all-purpose flour
- 2¼ teaspoons baking powder
- ¼ teaspoon salt
- ½ teaspoon ground mustard
- ¼ cup shortening
- ½ cup shredded sharp Cheddar cheese (2 oz)
- ¾ cup milk

1. In 4½- to 5-quart Dutch oven, heat oil over medium-high heat. Add onions and celery; cook, stirring frequently, until tender.

2. Stir in remaining stew ingredients. Heat to boiling. Reduce heat to low, simmer uncovered 15 to 20 minutes or until beans are tender.

3. Meanwhile, in medium bowl, stir together flour, baking powder, salt and mustard. With pastry blender or fork, cut in shortening until mixture looks like coarse crumbs. Stir in cheese. Add milk; stir just until dry ingredients are moistened.

4. Drop dough by rounded tablespoonfuls onto simmering stew. Cover; cook over medium-low heat 20 to 25 minutes or until dumplings are firm when pressed.

Nutrition Information Per Serving:

1 SERVING: Calories 420 (Calories from Fat 190); Total Fat 21g (Saturated Fat 6g); Cholesterol 15mg; Sodium 1610mg; Total Carbohydrate 47g (Dietary Fiber 6g); Protein 11g

Info

HEAD TIP

Dumplings require less kneading when the milk is added to the dry ingredients. If the dough is overmixed, the dumplings will be heavy and tough. Mix the ingredients just until moistened.

♦ LOW FAT

Bean and Vegetable Stew with Polenta

Prep Time: 1 Hour 15 Minutes

Start to Finish: 1 Hour 15 Minutes

Servings: 4 (1 1/2 cups each)

- 1 tablespoon olive or vegetable oil
- 1 medium yellow or green bell pepper, coarsely chopped (1 cup)
- 1 medium onion, coarsely chopped (1/2 cup)
- 2 teaspoons finely chopped garlic
- 2 medium carrots, cut into 1/4-inch slices (1 cup)
- 2 cans (14.5 oz each) diced tomatoes with basil, garlic and oregano, undrained
- 1 can (15 to 16 oz) black-eyed peas, drained, rinsed
- 1 can (19 oz) Progresso® cannellini beans, drained, rinsed
- 1 cup water
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tube (16 oz) refrigerated polenta
- 1 cup Green Giant® frozen cut green beans

1. In 4 1/2- to 5-quart Dutch oven, heat oil over medium heat. Add bell pepper, onion and garlic; cook 5 to 6 minutes, stirring frequently, until onion is softened.

2. Stir in remaining ingredients except polenta and green beans. Heat to boiling. Reduce heat to medium-low. Cover; cook 35 to 40 minutes, stirring occasionally, until carrots are tender and stew is hot.

3. Meanwhile, cook polenta as directed on package; keep warm.

4. Stir green beans into stew. Cover; cook 5 to 6 minutes, stirring occasionally, until beans are hot. Serve stew over polenta.

Nutrition Information Per Serving:

1 SERVING. Calories 480 (Calories from Fat 45); Total Fat 5g (Saturated Fat 0.5g); Cholesterol 0mg; Sodium 1560mg; Total Carbohydrate 87g (Dietary Fiber 15g); Protein 22g



White Bean-Chicken
Chili, p. 71





classic chilies

Hot or mild, red or white, traditional or Cincinnati-style, there's a bowl of chili for just about every taste and temperament.

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• LOW FAT

Easy Chicken Chili

Prep Time: 40 Minutes Start to Finish: 40 Minutes

Servings: 6 (1 1/2 cups each)

- 1 tablespoon olive or vegetable oil
- 1 medium onion, chopped (1/2 cup)
- 1/2 cup chopped red bell pepper
- 1 can (10 3/4 oz) condensed cream of chicken soup
- 1 can (14 oz) chicken broth
- 1 cup water
- 2 cups diced deli rotisserie chicken
(from 2- to 2 1/2-lb chicken)
- 2 cans (15 or 16 oz each) great northern beans, drained,
rinsed
- 1 can (4.5 oz) Old El Paso® chopped green chiles,
undrained
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon ground cumin
- 1/2 cup sour cream, if desired
- Chopped fresh cilantro, if desired

1. In 4-quart saucepan, heat oil over medium-high heat. Add onion and bell pepper. Cook 2 to 3 minutes, stirring frequently, until tender.

2. Stir in soup, broth and water. Cook 1 to 3 minutes, stirring frequently, until smooth and well blended. Stir in chicken, beans, chiles, oregano and cumin. Heat to boiling; reduce heat to medium-low. Cook uncovered 10 to 15 minutes, stirring occasionally, until thoroughly heated.

3. Top each serving with sour cream and cilantro.

Nutrition Information Per Serving:

1 SERVING: Calories 360 (Calories from Fat 60); Total Fat 10g (Saturated Fat 2.5g); Cholesterol 45mg; Sodium 860mg; Total Carbohydrate 39g (Dietary Fiber 9g); Protein 28g

Tip

TIME-SAVER

If you are pressed for time, use 1 cup frozen bell pepper and onion stir-fry (from 1-pound bag) instead of the fresh onion and bell pepper.

Betty Crocker

EASY COOKING



Slow Cooker Family-Favorite Chili

Prep Time: 20 Minutes **Start to Finish:** 6 Hours 20 Minutes
Servings: 8 (1 ¼ cups each)

- 2 lb lean (at least 80%) ground beef
- 1 large onion, chopped (1 cup)
- 2 cloves garlic, finely chopped
- 1 can (28 oz) Progresso® diced tomatoes, undrained
- 1 can (15 to 16 oz) chili beans in sauce, undrained
- 1 can (15 oz) tomato sauce
- 2 tablespoons chili powder
- 1½ teaspoons ground cumin
- ½ teaspoon salt
- ½ teaspoon pepper

1. In 12-inch skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.
2. In 4- to 5-quart slow cooker, mix beef, onion and remaining ingredients.
3. Cover, cook on Low heat setting 6 to 8 hours

Nutrition Information Per Serving:

1 SERVING: Calories 300 (Calories from Fat 120); Total Fat 13g (Saturated Fat 5g); Cholesterol 70mg; Sodium 1120mg; Total Carbohydrate 20g (Dietary Fiber 5g); Protein 25g

Tips

SUBSTITUTION

Substitute half of the ground beef with ground pork to give this chili a richer flavor.

SUCCESS HINT

Starting with hot cooked ground beef is safer because getting cold, uncooked ground beef to a safe temperature in a slow cooker takes too long. Also, using cooked and drained ground beef helps eliminate that extra fat and liquid that would accumulate during cooking.

Enchilada Chili

Prep Time: 35 Minutes **Start to Finish:** 35 Minutes

Servings: 4 (1½ cups each)

- 1 lb lean (at least 80%) ground beef
- 1 medium onion, chopped (½ cup)
- 1 can (14.5 oz) diced tomatoes with green chiles, undrained
- 1 can (10 oz) Old El Paso® enchilada sauce
- 1½ cups Green Giant® Niblets® frozen whole kernel corn
- 1 can (15 to 16 oz) spicy chili beans in sauce, undrained
- 1 cup chili cheese-flavored corn chips, if desired

1. In 4-quart saucepan, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until beef is brown; drain.

2. Stir tomatoes, enchilada sauce and corn into beef. Heat to boiling; reduce heat to medium-low. Cook 10 minutes, stirring occasionally.

3. Stir in beans. Cook 5 to 8 minutes, stirring occasionally, until thoroughly heated. Sprinkle individual servings with corn chips.

Nutrition Information Per Serving:

1 SERVING: Calories 380 (Calories from Fat 130); Total Fat 15g (Saturated Fat 5g); Cholesterol 70mg; Sodium 1440mg; Total Carbohydrate 38g (Dietary Fiber 6g); Protein 29g

Tips

SPECIAL TOUCH

You can top the chili with shredded Cheddar cheese instead of the corn chips, if you like.

SUCCESS HINT

Choose your heat level by using mild or hot enchilada sauce in the chili.





• **LOW FAT**

Slow Cooker Beef-Vegetable Chili

Prep Time: 20 Minutes **Start to Finish:** 7 Hours 20 Minutes
Servings: 6 (1½ cups each)

- 1½ lb boneless beef round steak, cut into ½-inch cubes
- 1 large onion, coarsely chopped (1 cup)
- 2 cups Green Giant® frozen mixed vegetables, thawed
- 2 cans (14.5 oz each) diced tomatoes with green chiles, undrained
- 1 can (15 oz) Progresso® black beans, drained, rinsed
- 1 can (15 oz) Progresso® dark red kidney beans, drained, rinsed
- 1 package (1.25 oz) chili seasoning mix
- 2 cups water
- ¾ cup shredded Cheddar cheese (3 oz)
- 2 tablespoons chopped fresh cilantro

1. Heat 12-inch nonstick skillet over medium-high heat. Cook beef and onion in skillet 11 to 7 minutes, stirring occasionally, until beef is brown; drain.

2. In 3½- to 4-quart slow cooker, mix beef mixture and remaining ingredients except cheese and cilantro.

3. Cover; cook on Low heat setting 7 to 9 hours. Top individual servings with cheese and cilantro.

Nutrition Information Per Serving:

1 SERVING: Calories 420 (Calories from Fat 90); Total Fat 10g (Saturated Fat 4.5g); Cholesterol 75mg; Sodium 950mg; Total Carbohydrate 50g (Dietary Fiber 14g); Protein 41g

Tip:

SERVE WITH

Corn muffins from the bakery or a pan of homemade corn bread go great with this beef chili.

Slow Cooker Texas Chuck Wagon Chili

Prep Time: 30 Minutes **Start to Finish:** 8 Hours 45 Minutes

Servings: 8 (1½ cups each)

- 2 tablespoons olive or vegetable oil
- 4 large onions, cut into eighths
- 4 to 4½ lb fresh beef brisket (not corned beef),
trimmed of fat, cut into 1-inch pieces
- 1½ tablespoons finely chopped garlic
- 2½ teaspoons salt
- ½ teaspoon pepper
- 2 to 4 dried ancho chiles, coarsely chopped
- 2 tablespoons ground cumin
- 3 cups beef broth
- 2 large yellow, red or green bell peppers, cut into
2 ½-inch strips
- Shredded Cheddar cheese, if desired

1. In 4-quart Dutch oven, heat oil over medium-high heat. Cook onions in oil 5 to 6 minutes, stirring frequently, until softened. Stir in beef, garlic, salt and pepper.

Cook about 13 minutes, stirring occasionally, until beef is lightly browned; drain.

2. Place beef mixture in 6-quart slow cooker. Stir in chiles, cumin and broth.

3. Cover; cook on Low heat setting 8 to 9 hours.

4. Stir in bell peppers. Increase heat setting to High. Cover; cook 10 to 12 minutes or until bell peppers are hot. Serve with cheese.

Nutrition Information Per Serving:

1 SERVING: Calories 435 (Calories from Fat 180); Total Fat 20g (Saturated Fat 7g); Cholesterol 130mg; Sodium 1250mg; Total Carbohydrate 12g (Dietary Fiber 2g); Protein 52g

Tip

SERVE WITH

For a delicious Tex-Mex dinner, serve
Southern Buttermilk Cornbread (page
88) and your favorite chili con carne.





• **QUICK**

Cincinnati Chili

Prep Time: 30 Minutes **Start to Finish:** 30 Minutes

Servings: 5 (1 cup chili and 1 cup spaghetti each)

- 10 oz uncooked spaghetti
- 1 tablespoon vegetable oil
- 1 lb ground turkey breast
- 1 medium onion, chopped (½ cup)
- 1 clove garlic, finely chopped
- 1 jar (26 oz) chunky vegetable-style tomato pasta sauce
- 1 can (15 oz) Progresso® dark red kidney beans, drained, rinsed
- 2 tablespoons chili powder

1. Cook and drain spaghetti as directed on package
2. Meanwhile, in 10-inch skillet, heat oil over medium heat. Cook turkey, onion and garlic in 5 to 6 minutes, stirring occasionally, until turkey is no longer pink.
3. Stir pasta sauce, beans and chili powder into turkey

mixture, reduce heat to low. Simmer uncovered 10 minutes, stirring occasionally. Serve sauce over spaghetti.

Nutrition Information Per Serving:

1 SERVING: Calories 625 (Calories from Fat 135), Total Fat 15g (Saturated Fat 3g), Cholesterol 60mg, Sodium 1020mg, Total Carbohydrate 96g (Dietary Fiber 11g), Protein 37g

Tips

SUBSTITUTION:

Have ground beef in the freezer? You can use it instead of the turkey, and you won't need the oil.

SERVE-WITH:

This quick-to-peck chili makes a great weeknight dinner. Try it with a Caesar salad tossed with herb vinaigrette and sliced rice cakes.

• LOW FAT

Slow Cooker Turkey and Brown Rice Chili

Prep Time: 20 Minutes **Start to Finish:** 8 Hours 35 Minutes

Servings: 8

- 1 tablespoon vegetable oil
- $\frac{3}{4}$ lb ground turkey breast
- 1 large onion, chopped (1 cup)
- 2 cans (14.5 oz each) diced tomatoes, undrained
- 1 can (15 to 16 oz) chili beans in sauce, undrained
- 1 can (4.5 oz) Old El Paso® chopped green chiles, drained
- $\frac{1}{2}$ cup water
- 1 tablespoon sugar
- $\frac{1}{2}$ teaspoons chili powder
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cups cooked brown rice

1. In 12-inch skillet, heat oil over medium heat. Cook turkey and onion in oil 8 to 10 minutes, stirring frequently, until turkey is no longer pink; drain.
2. In 3- to 4-quart slow cooker, mix turkey mixture and remaining ingredients except rice.
3. Cover; cook on Low heat setting 8 to 10 hours.
4. Stir in rice. Increase heat setting to High. Cover; cook about 15 minutes or until rice is hot.

Nutrition Information Per Serving:

1 SERVING: Calories 240 (Calories from Fat 35); Total Fat $\frac{1}{2}$ (Saturated Fat 1g); Cholesterol 40mg; Sodium 1270mg; Total Carbohydrate 36g (Dietary Fiber 7g); Protein 20g



Tips •

SUBSTITUTION

Stir in either brown or white rice at the end.

HEALTH TWIST

This is a low-fat chili because it is made with ground turkey breast. Check that you're buying ground turkey breast and not regular ground turkey, which includes both light and dark meat and will be higher in fat.



• **LOW FAT**

Slow Cooker Red and White Turkey Chili

Prep Time: 30 Minutes **Start to Finish:** 9 Hours

Servings: 6 (1½ cups each)

- 1 medium onion, chopped (½ cup)
- 1 clove garlic, finely chopped
- 2 teaspoons ground cumin
- ⅓ teaspoon ground red pepper (cayenne)
- 1 can (15 to 16 oz) great northern beans, drained
- 1 can (15 oz) Progresso® dark red kidney beans, drained
- 2 cans (4.5 oz each) Old El Paso® chopped green chiles, undrained
- 2 cans (14 oz each) chicken broth
- 2 lb turkey thighs, skin removed
- 1 cup Green Giant Select® frozen shoepeg white corn, thawed
- 2 tablespoons Gold Medal® all-purpose flour
- ¼ cup water
- 1 lime, cut into wedges, if desired

1. In 4- to 5-quart slow cooker, mix all ingredients except turkey, corn, flour, water and lime. Place turkey on bean mixture.

2. Cover; cook on Low heat setting 8 to 10 hours.

3. Place turkey on cutting board. Remove meat from bones; discard bones. Cut turkey into bite-size pieces. Add turkey and corn to cooker. In small bowl, mix flour and water; stir into turkey mixture. Increase heat setting to High. Cover, cook 20 to 30 minutes or until thoroughly heated and slightly thickened. Serve individual servings with lime wedges for squeezing juice over chili.

Nutrition Information Per Serving:

1 SERVING: Calories 370 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1.5g); Cholesterol 95mg; Sodium 970mg; Total Carbohydrate 40g (Dietary Fiber 9g); Protein 40g



• QUICK • LOW FAT

White Bean-Chicken Chili

Prep Time: 20 Minutes Start to Finish: 20 Minutes

Servings: 6

- 2 tablespoons butter or margarine
- 1 large onion, coarsely chopped (1 cup)
- cloves garlic, finely chopped
- cups cubed deli rotisserie chicken
(from 2- to ■ 1/2-lb chicken)
- ½ teaspoon ground cumin
- cans (10 oz each) diced tomatoes with green
chiles, undrained
- 1 can (15 to 16 oz) great northern beans,
drained, rinsed
- Sour cream, if desired
- Chopped fresh cilantro, if desired

1. In 4½- to 5-quart Dutch oven, melt butter over medium-high heat. Cook onion and garlic ■ butter, stirring occasionally, until onion is tender.
2. Stir in remaining ingredients except sour cream and cilantro. Heat ■ boiling, reduce heat ■ low. Simmer uncovered 2 to 3 minutes, stirring occasionally, until hot.
3. Top each serving with sour cream; sprinkle with cilantro.

Nutrition Information Per Serving:

1 SERVING: Calories 280 (Calories from Fat 80); Total Fat ■ (Saturated Fat 3.5g); Cholesterol 70mg; Sodium 650mg; Total Carbohydrate 23g (Dietary Fiber 6g); Protein 27g

Tips

SERVE WITH

Instead of crackers, serve this chili with tortilla chips for a little crunch.

SUBSTITUTION

A can of navy beans would be just as delicious as the great northern beans.





Slow Cooker Chicken Enchilada Chili

Prep Time: 10 Minutes **Start to Finish:** 7 Hours 10 Minutes

Servings: ■ (1½ cups each)

- 1½ ■ boneless skinless chicken thighs
- 1 medium onion, chopped (½ cup)
- 1 medium yellow or green bell pepper, chopped (1 cup)
- 2 cans (14.5 oz each) Mexican-style stewed tomatoes, undrained
- 2 cans (15 to 16 oz each) chili beans in sauce, undrained
- 1 can (10 oz) Old El Paso® enchilada sauce
- ½ cup sour cream
- 2 tablespoons chopped fresh cilantro

1. Spray 4- to 5-quart slow cooker with cooking spray. In cooker, mix ■ ingredients except sour cream and cilantro.
2. Cover; cook on Low heat setting 7 to 8 hours.
3. Stir mixture to break up chicken. Top each serving with sour cream and cilantro.

Nutrition Information Per Serving:

1 SERVING: Calories 370 (Calories from Fat 100); Total Fat 11g (Saturated Fat 4g); Cholesterol 65mg; Sodium 1690mg; Total Carbohydrate 38g (Dietary Fiber 8g); Protein 30g

Tips

SUBSTITUTION

Regular stewed tomatoes, along with some chopped onion and a dash of garlic powder or finely chopped fresh garlic, can be used in place of the flavored stewed tomatoes.

SUCCESS HINT

Lifting the lid of your slow cooker can add up to 20 minutes of cooking time. Instead, open the lid to clear it of condensation as you plan check the food.


Slow Cooker Chunky Chicken Chili

Prep Time: 5 Minutes **Start to Finish:** 7 Hours 20 Minutes
Servings: 6

- 2 lb boneless skinless chicken thighs
- 2 cans (14.5 oz each) diced tomatoes with green chiles, undrained
- 1 can (15 oz) tomato sauce
- 1 package (1.25 oz) mild chili seasoning mix
- cans (15 oz each) hominy, undrained
- Sour cream, if desired
- Cilantro, if desired

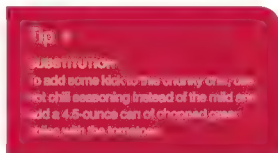
1. Place chicken in 3½- to 4-quart slow cooker. In large bowl, mix tomatoes, tomato sauce and chili seasoning, pour over chicken.

2. Cover; cook on Low heat setting 7 to 9 hours.

3. Stir  break up chicken. Stir in hominy. Cover; cook on Low heat setting about 15 minutes or until thoroughly heated. Serve chili with sour cream and cilantro.

Nutrition Information Per Serving:

1 SERVING: Calories 365 (Calories from Fat 125); Total Fat 14g (Saturated Fat 4g); Cholesterol 95mg; Sodium 1640mg; Total Carbohydrate 31g (Dietary Fiber 7g); Protein 36g





Chipotle-Pork Chili

Prep Time: 20 Minutes **Start to Finish:** 1 Hour 10 Minutes

Servings: 5 (1 1/2 cups each)

- 1 tablespoon olive or vegetable oil
- 2 medium onions, cut in half, then cut into 1/4-inch slices and slices separated
- 2 teaspoons finely chopped garlic
- 1 teaspoon salt
- 1 tablespoon ground cumin
- 1/4 teaspoon pepper
- 2 lb boneless pork loin roast, cut into 1-inch pieces
- 1 chipotle chile in adobo sauce, finely chopped, plus 1 teaspoon adobo sauce (from 7- to 11-oz can)
- 3 cans (14.5 oz each) diced tomatoes with green chiles, undrained

1. In 4 1/2- to 5-quart Dutch oven, heat oil over medium-high heat. Cook onions and garlic in oil 4 to 8 minutes, stirring occasionally, until onions are softened.

2. Stir in salt, cumin, pepper and pork. Cook 6 to 8 minutes, stirring frequently, until pork is lightly browned.

3. Stir in chipotle chile, adobo sauce and tomatoes. Heat to boiling; reduce heat to medium-low. Cover, cook 35 to 40 minutes, stirring occasionally, until pork is no longer pink in center.

Nutrition Information Per Serving:

1 SERVING: Calories 400 (Calories from Fat 160); Total Fat 18g (Saturated Fat 5g); Cholesterol 115mg; Sodium 1300mg; Total Carbohydrate 16g (Dietary Fiber 4g); Protein 43g

Tips

SERVE WITH

Warm flour tortillas make great dippers for this rich, smoky chili. A fresh vegetable plate of carrot, ficama and cucumber sticks and a creamy dip make a cooling side dish.

SPECIAL TOUCH

Laced with chipotle chiles for smoky notes, this chili begs for a topper of sour cream and a few slices of fresh avocado.

DID YOU KNOW?

Chipotle chiles are dried and smoked jalapeño chiles. They can be purchased dried, pickled or in adobo sauce.

• LOW FAT

Three-Bean Chili

Prep Time: 20 Minutes **Start to Finish:** 55 Minutes**Servings:** 6 (1½ cups each)

- 1 can (28 oz) whole tomatoes, undrained
- 1 can (15 oz) Progresso® dark red kidney beans, drained
- 1 can (15 to 16 oz) garbanzo beans, drained
- 1 can (15 to 16 oz) butter beans, drained
- 1 can (15 oz) tomato sauce
- small red, orange or yellow bell peppers, cut into 1-inch pieces
- 1 Anaheim or jalapeño chile, seeded, chopped
- 1 to 2 tablespoons chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon pepper
- ½ cup sour cream
- tablespoons Old El Paso® Thick 'n Chunky salsa
- Chopped fresh cilantro, if desired

1. Into 4-quart Dutch oven, pour can of tomatoes; break up tomatoes with spoon. Stir in remaining ingredients except sour cream, salsa and cilantro. Heat to boiling; reduce heat. Cover, simmer 30 to 35 minutes or until bell peppers are tender.

2. In small bowl, mix sour cream and salsa. Serve chili with sour cream mixture. Sprinkle with cilantro.

Nutrition Information Per Serving:

1 SERVING: Calories 390 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2.5g); Cholesterol 15mg; Sodium 1070mg; Total Carbohydrate 60g (Dietary Fiber 16g); Protein 19g

Tip**VARIATION**

Boost it up with a pound of ground beef, cooked and drained.





• **LOW FAT**

Vegetable and Bean Chili

Prep Time: 1 Hour **Start to Finish:** 1 Hour

Servings: 6

- 1 tablespoon olive or vegetable oil
- 1 large onion, coarsely chopped (1 cup)
- 2 teaspoons finely chopped garlic
- 1 bag (1 lb) frozen broccoli, cauliflower and carrots
- 1 can (15 to 16 oz) red beans, drained, rinsed
- 1 can (15 to 16 oz) garbanzo beans, drained, rinsed
- 2 cans (14.5 oz each) diced tomatoes with green chiles, undrained
- 1 can (8 oz) tomato sauce
- 2 cups Green Giant® Niblets® frozen whole kernel corn
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground red pepper (cayenne)

1. In 4½- to 5-quart Dutch oven, heat oil over medium-high heat. Add onion and garlic; cook 4 to 5 minutes, stirring frequently, until onions are softened.

2. Stir in remaining ingredients. Heat to boiling. Reduce heat to medium-low. Cover; cook 15 to 20 minutes, stirring occasionally, until chili is hot and vegetables are crisp-tender.

Nutrition Information Per Serving:

1 SERVING: Calories 360 (Calories from Fat 50), Total Fat 5g (Saturated Fat 0.5g); Cholesterol 0mg; Sodium 950mg; Total Carbohydrate 62g (Dietary Fiber 15g); Protein 16g

Tip »

SUBSTITUTION

Break out of the box—any combination of your favorite vegetables or canned beans will work well in this recipe.

• LOW FAT

Slow Cooker Spicy Black Bean Barbecue Chili

Prep Time: 15 Minutes **Start to Finish:** 11 Hours 45 Minutes

Servings: 6

- 1 lb dried black beans (2 cups), sorted, rinsed
- 10 cups water
- 1 tablespoon olive or vegetable oil
- 1 large onion, chopped (1 cup)
- 6 cloves garlic, finely chopped
- 4 cups water
- 1 can (14.5 oz) diced tomatoes with green chiles, undrained
- 1 cup hickory barbecue sauce
- 1 chipotle chile in adobo sauce, finely chopped (from 7-oz can)
- 1 teaspoon adobo sauce (from 7-oz can)
- 2 cups frozen soy-protein burger crumbles (from 12-oz bag)

1. In 4-quart Dutch oven, heat beans and 10 cups water to boiling; reduce heat. Simmer uncovered 10 minutes; remove from heat. Cover; let stand 1 hour.

2. In 10-inch skillet, heat oil over medium-high heat. Cook onion and garlic in oil about 11 minutes, stirring occasionally, until onion is tender and light golden brown.

3. Drain beans. In 3½- to 4-quart slow cooker, place beans. Add 4 cups water and onion mixture.

4. Cover; cook on Low heat setting 10 to 12 hours.

5. Stir in tomatoes, barbecue sauce, chili, adobo sauce and crumbles. Increase heat setting to High. Cover; cook about 30 minutes or until hot.

Nutrition Information Per Serving:

1 SERVING: Calories 410 (Calories from Fat 35); Total Fat 3.5g (Saturated Fat 0.5g), Cholesterol 0mg, Sodium 810mg, Total Carbohydrate 66g (Dietary Fiber 20g), Protein 26g



Easy Bead
Bowls, p. 89





bountiful breads

What's better to serve with a soup, stew, or chili than a warm and wonderful slice of homemade bread?

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• QUICK

Parmesan-Black Pepper Breadsticks

Prep Time: 15 Minutes **Start to Finish:** 30 Minutes

Servings: 12 breadsticks

- 2 cups Original Bisquick® mix
- ½ cup cold water
- ½ teaspoon cracked black pepper
- 5 tablespoons shredded Parmesan cheese (about 1¼ oz)
- 1 tablespoon butter or margarine, melted
- Additional cracked black pepper, if desired

1. Heat oven to 450° F. Lightly grease large cookie sheet with shortening or cooking spray. In medium bowl, stir together Bisquick mix, water, ½ teaspoon pepper and 2 tablespoons of the cheese until soft dough forms.
2. Sprinkle work surface with Bisquick mix. Place dough on surface; roll to coat. With rolling pin, roll into 10x8-inch rectangle. Brush with butter. Sprinkle with remaining 3 tablespoons cheese; press in gently. Cut crosswise into 12 strips. Gently twist each strip. Place ½ inch apart on cookie sheet. Sprinkle with additional pepper.
3. Bake 10 to 12 minutes until light golden brown. Serve warm.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:

1 BREADSTICK: Calories 110 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 2g); Cholesterol 0mg; Sodium 290mg; Total Carbohydrate 13g (Dietary Fiber 0g); Protein 3g

Tips

Don't be afraid of the dough when pulling it out. Each breadstick will be slightly different in shape and length, but try to keep them as close to the same size as possible so they'll bake evenly.

Make It

If you like spicy food, try adding a touch of ground red pepper (cayenne) to these cheesy breadsticks. You'll need only about ½ teaspoon, unless you really want to spice it up. Sprinkle them with the Parmesan cheese.

Serve Crocker



• QUICK

Cheesy Texas Toast

Prep Time: 10 Minutes Start to Finish: 10 Minutes

Servings: 8

- ¼ cup butter or margarine, softened
- 4 slices thick-cut white bread, about 1 inch thick
- ½ teaspoon seasoned salt
- ¼ cup grated Parmesan cheese

1. Set oven control to broil. Spread butter on both sides of bread slices. Sprinkle both sides with seasoned salt. Sprinkle tops of bread with half of the cheese. Place on rack in broiler pan.
2. Broil with tops 4 to 6 inches from heat 11 minutes. Turn bread; sprinkle with remaining cheese.
3. Cut each slice diagonally in half. Serve warm or cool.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:

1 SERVING: Calories 130 (Calories from Fat 70), Total Fat 7g (Saturated Fat 4.5g), Cholesterol 20mg, Sodium 340mg, Total Carbohydrate 13g (Dietary Fiber 0g), Protein 3g

Tips

Mix ½ teaspoon garlic salt and 2 tablespoons olive oil and drizzle over bread before broiling.

Rich, nutty Asiago cheese is a great-tasting alternative to the Parmesan cheese.



• QUICK

French Onion Biscuits

Prep Time: 5 Minutes **Start to Finish:** 20 Minutes

Servings: ■ biscuits

- 2 cups Original Bisquick® mix
- ¼ cup milk
- 1 container (8 oz) French onion dip

1. Heat oven to 450°F. In medium bowl, stir all ingredients until soft dough forms.
2. On ungreased cookie sheet, drop dough into 6 mounds.
3. Bake 10 to 12 minutes or until light golden brown. Serve warm.

High Altitude (3500-6500 ft): Use 2¼ cups Original Bisquick mix. Bake 13 to 15 minutes.

Nutrition Information Per Serving:

1 BISCUIT: Calories 230 (Calories from Fat 110); Total Fat 12g (Saturated Fat 5g); Cholesterol 15mg; Sodium 890mg; Total Carbohydrate 26g (Dietary Fiber 0g); Protein 4g



Triple-Cheese Flatbread

Prep Time: 10 Minutes **Start to Finish:** 35 Minutes
Servings: 16

- 2 cups Original Bisquick® mix
- ½ cup hot water
- 2 tablespoons butter or margarine, melted
- ¼ cup shredded Cheddar cheese (1 oz)
- ¼ cup shredded Monterey Jack cheese (1 oz)
- ¼ cup grated Parmesan cheese
- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning, if desired

1. Heat oven to 450°F. In medium bowl, stir Bisquick mix and water until stiff dough forms. Let stand 10 minutes. Place dough on surface sprinkled with Bisquick mix; gently roll in Bisquick mix to coat. Shape into a ball; knead 60 times.

2. On ungreased cookie sheet, pat or roll dough into 12-inch square. Brush butter over dough. In small bowl, mix remaining ingredients; sprinkle over dough.

3. Bake 10 to 12 minutes or until edges are golden brown. Serve warm.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:

1 SERVING: Calories 90 (Calories from Fat 45); Total Fat 5g (Saturated Fat 2.5g); Cholesterol 10mg; Sodium 240mg; Total Carbohydrate 10g (Dietary Fiber 0g); Protein 3g





• QUICK

Garlic-Rosemary French Rolls

Prep Time: 10 Minutes **Start to Finish:** 20 Minutes
Servings: 10 rolls

- 1 package (12.4 oz) Pillsbury® Oven Baked frozen crusty French dinner rolls (10 rolls)
- 3 tablespoons olive or vegetable oil
- 1 teaspoon finely crushed dried rosemary leaves
- ½ teaspoon garlic powder
- 1 tablespoon shredded Asiago or Parmesan cheese, if desired

1. Heat oven to 425 F. Place rolls on ungreased cookie sheet. Bake 4 minutes.
2. Meanwhile, in small bowl or measuring cup, mix oil, rosemary and garlic powder. Remove rolls from oven. With serrated knife, carefully cut X shape in each roll,

cutting about halfway through. Generously brush oil mixture over and into each roll. Sprinkle with cheese.

3. Bake 2 to 3 minutes longer or until golden brown. Serve warm.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:

1 ROLL: Calories 140 (Calories from Fat 50); Total Fat 6g (Saturated Fat 0.5g); Cholesterol 0mg; Sodium 200mg; Total Carbohydrate 18g (Dietary Fiber 0g); Protein 4g



• QUICK

Caesar-Mozzarella French Bread

Prep Time: 5 Minutes **Start to Finish:** 20 Minutes

Servings: 12 slices

$\frac{1}{2}$ loaf (8 oz) French bread, cut horizontally in half
 $\frac{1}{4}$ cup creamy Caesar dressing
8 oz sliced mozzarella cheese

1. Heat oven to 450°F. On ungreased cookie sheet, place bread, cut sides up. Spread dressing on cut sides of bread. Top with cheese.
2. Bake 10 to 12 minutes or until cheese is melted and edges begin to brown. Cut into slices. Serve immediately.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:

1 SLICE: Calories 130 (Calories from Fat 70); Total Fat 7g (Saturated Fat 3g), Cholesterol 10mg, Sodium 260mg, Total Carbohydrate 10g (Dietary Fiber 0g), Protein 7g





Caramelized-Onion Focaccia Wedges

Prep Time: 35 Minutes **Start to Finish:** 1 Hour
Servings: 8

- 3 tablespoons butter or margarine
- 2 medium onions, sliced
- 8 slices (1 oz each) provolone or Colby-Monterey Jack cheese blend
- 1 round focaccia bread (10 to 12 inch), cut horizontally in half

1. In 10-inch skillet, melt butter over medium-low heat. Cook onions in butter 15 to 20 minutes, stirring occasionally, until onions are brown and caramelized, remove from heat.
2. Heat oven to 350°F. Place half of the cheese on bottom half of focaccia. Top with onions and remaining cheese. Replace top of focaccia. Wrap tightly in foil.

3. Bake 15 to 20 minutes or until cheese is melted. Cool 5 minutes. Cut into wedges.

High Altitude (3500-6500 ft): No change

Nutrition Information Per Serving:

1 SERVING: Calories 275 (Calories from Fat 135); Total Fat 15g (Saturated Fat 7g); Cholesterol 30mg; Sodium 650mg; Total Carbohydrate 26g (Dietary Fiber 1g); Protein 9g



Easy Bread Bowls

Prep Time: 20 Minutes **Start to Finish:** 1 Hour 5 Minutes

Servings: 6 bread bowls

- 1 loaf (1 lb) frozen bread dough, thawed
- 1 tablespoon olive or vegetable oil
- 1 teaspoon dried basil leaves
- $\frac{1}{2}$ teaspoon garlic salt

1. Lightly grease outsides of 6 (10-ounce) custard cups with shortening (do not use cooking spray). Place cups upside down on large cookie sheet.

2. Divide dough into 6 equal pieces. Shape each piece into a ball, then pat into 6-inch round. Place rounds over bottoms of custard cups. Brush dough with oil. Sprinkle with basil and garlic salt. Cover, let rise in warm place 20 minutes.

3. Heat oven to 350°F. Bake 16 to 20 minutes or until golden brown. Cool 5 minutes; remove from cups and place right side up on cooling rack. (Interiors of bread bowls may be slightly moist.)

4. To serve, place warm or cooled bread bowls in individual shallow soup or pasta bowls. Spoon soup, stew or chili into bread bowls.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:

1 BREAD BOWL: Calories 220 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1g); Cholesterol 0mg; Sodium 490mg; Total Carbohydrate 38g (Dietary Fiber 2g); Protein 6g





• **LOW FAT**

Bread Machine Fresh Herb Bread

Prep Time: 10 Minutes **Start to Finish:** 3 Hours 40 Minutes

Servings: 1 loaf (1½ pounds) 12 slices

- 1 cup plus 2 tablespoons water
- 2 tablespoons butter or margarine, softened
- 3 cups Gold Medal® Harvest King® or Better for Bread™ bread flour
- 2 teaspoons chopped fresh sage leaves
- 1 tablespoon chopped fresh basil leaves
- 1 tablespoon chopped fresh oregano leaves
- 2 teaspoons chopped fresh thyme leaves
- ¼ cup chopped fresh parsley
- 3 tablespoons instant nonfat dry milk
- 2 tablespoons sugar
- 1 teaspoon salt
- 1½ teaspoons bread machine yeast

1. Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.

2. Select Basic/White cycle. Use Medium or Light crust color. Remove baked bread from pan; cool on cooling rack.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:

1 SLICE: Calories 150 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 1g); Cholesterol 5mg; Sodium 220mg; Total Carbohydrate 29g (Dietary Fiber 1g); Protein 4g



• **LOW FAT**

Bread Machine Sun-Dried Tomato Rolls

Prep Time: 20 Minutes **Start to Finish:** 2 Hours 35 Minutes
Servings: 12 rolls

- ¾ cup warm milk (105°F to 115°F)
- 2 cups Gold Medal® Harvest King® or Better for Bread® bread flour
- ¼ cup chopped sun-dried tomatoes in oil, drained,
1 tablespoon oil reserved
- 1 tablespoon sugar
- 1 teaspoon salt
- 1½ teaspoons bread machine yeast

1. Measure carefully, placing all ingredients in bread machine pan in the order recommended by the manufacturer.
2. Select Dough/Manual cycle. Do not use Delay cycle.
3. Remove dough from pan, place on lightly floured surface. Cover; let rest 10 minutes.
4. Lightly grease cookie sheet with shortening or cooking spray. Gently push fist into dough to deflate. Divide dough into 12 equal pieces. Shape each piece into a ball. Place 2 inches apart on cookie sheet. Cover; let rise in warm place 30 to 45 minutes or until almost double.

5. Heat oven to 350°F. Bake 12 to 16 minutes or until golden brown. Remove from cookie sheet to cooling rack. Serve warm or cooled.

High Altitude (3500-6500 ft): No change.

Nutrition Information Per Serving:

1 ROLL: Calories 100 (Calories from Fat 20); Total Fat 2g (Saturated Fat 0g); Cholesterol 0mg; Sodium 210mg; Total Carbohydrate 20g (Dietary Fiber 1g); Protein 3g





Southern Buttermilk Cornbread

Prep Time: 10 Minutes **Start to Finish:** 40 Minutes
Servings: 12

- 1½ cups yellow, white or blue cornmeal
- ½ cup Gold Medal® all-purpose flour
- 1½ cups buttermilk
- ¼ cup vegetable oil
- 2 teaspoons baking powder
- 1 teaspoon sugar
- 1 teaspoon salt
- ½ teaspoon baking soda
- 2 eggs or ½ cup fat-free egg product or 4 egg whites

1. Heat oven to 450°F. Grease bottom and side of 9-inch round pan or 8-inch square pan with shortening or cooking spray.
2. In large bowl, mix all ingredients with spoon until blended. Beat vigorously 30 seconds. Pour batter into pan.
3. Bake 25 to 30 minutes or until golden brown. Serve warm.

High Altitude (3500-6500 ft): Decrease baking powder to 1 teaspoon.

Nutrition Information Per Serving:

1 SERVING: Calories 150 (Calories from Fat 50); Total Fat 8g (Saturated Fat 1g); Cholesterol 35mg; Sodium 370mg; Total Carbohydrate 19g (Dietary Fiber 0g); Protein 4g

Tips »

DID YOU KNOW?

Southern-style corn bread is less sweet or not sweet at all compared to versions baked in the northern part of the United States.

SERVE-WITH

What would a bowl of chili be without corn bread? Try this version with your next bowl of red.

• LOW FAT

Popovers

Prep Time: 10 Minutes **Start to Finish:** 45 Minutes**Servings:** 6 popovers

2 eggs

1 cup Gold Medal® all-purpose flour or Gold Medal® Wondra® quick-mixing flour

1 cup milk

½ teaspoon salt

1. Heat oven to 450°F. Generously grease 6-cup popover pan with shortening. Heat popover pan in oven 5 minutes.

2. Meanwhile, in medium bowl, beat eggs slightly with fork or wire whisk. Stir in flour, milk and salt with fork or wire whisk just until smooth (do not overbeat).

3. Fill cups about half full. Bake 20 minutes.

4. Reduce oven temperature to 325°F. Bake 10 to 15 minutes longer or until deep golden brown. Immediately remove from pan. Serve warm.

High Altitude (3500-6500 feet): Use 1 cup plus 1 tablespoon flour.

Nutrition Information Per Serving:

1 POPOVER: Calories 129 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1g); Cholesterol 75mg; Sodium 240mg; Total Carbohydrate 18g (Dietary Fiber 0g); Protein 6g

Tips »

PLANNED-OVERS

Prepare a double batch of popovers when you bake, and freeze the extras. Pierce each freshly baked popover with the point of a knife to let out the steam. Cool them on a wire rack, then wrap tightly and freeze. To reheat thawed popovers, cover loosely with foil and bake at 375°F for about 15 minutes or until warm.

VARIATION

Try a delicious flavor twist in your next batch of popovers. Add ½ teaspoon ground cinnamon and ¼ cup finely chopped nuts to the batter.



nutrition and recipe testing guidelines

Daily Values are set by the Food and Drug Administration and based on the needs of most healthy adults. Percent Daily Values are based on an average diet of 2,000 calories per day. Your daily values may be higher or lower depending on your caloric needs.

RECOMMENDED INTAKE FOR A DAILY DIET OF 2,000 CALORIES

Total Fat.....	Less than 65g
Saturated Fat.....	Less than 20g
Cholesterol.....	Less than 300mg
Sodium.....	Less than 2,400mg
Total Carbohydrate.....	300g
Dietary Fiber.....	25g

CALCULATING NUTRITION INFORMATION GUIDELINES

- The first ingredient is used wherever a choice is given (such as 1/3 cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- The first serving number is used wherever a range is given (such as 4 to 6 servings).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

INGREDIENTS USED FOR RECIPE TESTING AND NUTRITION CALCULATIONS

The following ingredients, based on most commonly purchased ingredients, are used unless indicated otherwise:

- Large eggs
- 2% milk
- Vegetable-oil spread with at least 65% fat whenever margarine is used
- Solid vegetable shortening (not margarine, butter or nonstick cooking spray) is used for greasing pans

EQUIPMENT USED IN RECIPE TESTING

- Cookware and bakeware without nonstick coatings are used unless specified in recipe.
- Whenever a baking pan is specified in a recipe, a metal pan is used; wherever a baking dish or pie plate is specified, oven proof glass or ceramic overware is used.



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